

" To succeed... You need to find something to hold on to, something to motivate you, something to inspire you." **Tony Dorsett**

THE MOTIVATOR

FC Wellness Newsletter

OCTOBER 2006

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FROM YOUR WELLNESS AMBASSADOR

October is National Breast Cancer Awareness Month. The Freshman Center Health & Wellness program will be focusing on cancer awareness all month. In addition to breast cancer we will also focus on testicular, colorectal and lung cancer prevention & awareness.

Most if not all of the FC staff have been touched by cancer in some way. Some of you may remember former FC & BSSHS staff member Vicki Stracener, who battled and lost her fight with breast cancer three years ago. We also have current staff members that are fighting their battle with cancer.

The FC Health teachers are working cancer awareness into the classrooms to help educate the students. Education and awareness is the cornerstone of early detection.

I hope that the information that you receive during our cancer awareness campaign will encourage you to take charge of your own health. No

one knows your body like you do. Be aware and remember that early detection can be what saves your life.

For more information on cancer and prevention visit these web sites:

www.getbcfacts.com

www.livestrong.com

www.cancer.org

www.thebreastcancersite.com

www.komen.org

www.tc-cancer.com

Wishing you fitness and health,
Becky McKelvey
FC Wellness
Ambassador



EARLY DETECTION

Breast Cancer Can't Be Ignored

- Nearly 2,000 men in the U.S. will be diagnosed with breast cancer this year.
 - About 212,920 women and men in the U.S. will be found to have invasive breast cancer in 2006.
 - Approximately 40,970 women will die from the disease this year.
 - more than 2 million women in the U.S. have been treated for breast cancer.
- When breast cancer is found early, your chance for survival is the greatest. So keep these things in mind:
- Remember to perform monthly breast self-exams.
 - After age 40, go in for annual clinical exams and mammograms.

- If you are under the age 40 with a family history of breast cancer, discuss risk and mammograms with your doctor.
- If any change occurs in your breast, such as redness, pain, swelling or discharge, visit your doctor.
- Help protect yourself with regular exercise and a healthy diet.

Testicular Cancer Facts

- Testicular cancer is the most common cancer/malignancy in young men between the ages of 20 and 34.
- Testicular cancer only accounts for 1% of all types of cancer.
- There are about 7500 new testicular cancer cases yearly.
- Always do frequent self checks for testicular cancer.

If found early, testicular cancer is almost always curable. The prognosis for men with testicular cancer is very good, even with late stage disease.

Visit these links for more info:

How to do a self breast exam
<http://www.komen.org/bse/>

How to do a Testicular self exam
<http://www.tc-cancer.com/selfexam.html>

"Pain is temporary. It may last a minute or an hour, or a day or a year, but eventually it will subside and something else will take it's place. If I quit, however, it lasts forever."
-Lance Armstrong

"Action expresses priorities." --Mahatma Gandhi

FC FIT CLUB UPDATE

The FC Fit Club has found a temporary home in the Performance Center (formerly the stage in the North Gym). Currently there are several pieces of equipment available for use.

The FC Fit Club will finally be located in the lower level of the FC in the rooms formerly used as L-3 and the adjoining Process Coordinator room following the completion of the East Wing.

The equipment that will be included includes treadmills, elliptical machines, incumbent bikes, dumbbells and weights, exercise balls and more.

The completed FC Fit Club will be available 6:00 am-10:00 PM Monday-Friday. All teachers will have a

key to the Fit Club as well as the Nautilus Weight Room. Due to insurance reasons, it will be used ONLY by FC Staff members. Family members and other district employees will not be able to use the FC Fit Club.

A ribbon cutting has been scheduled for Tuesday January 2, 2007 to open the new FC Fit Club. Depending on the progress at the East Wing of the FC, the FC Fit Club could be open sooner! Look for updates.

In addition to the equipment, the FC Wellness Program will be sponsoring fitness classes FREE to FC staff members. The first class offered will be Pilates.

This is a 45 minute class for beginners and will be taught 2:45 - 3:30 in the FC Performance Center on Tuesdays & Thursdays. If you are interested in signing up for the class please see Becky.

Other upcoming classes to be offered are Yoga, self-defense and Boot Camp fitness. In addition to the instructor led classes, we are currently working on setting up an area for DVD and video led exercise classes. If you have a DVD or video workout that you love...let us know.

The FC Wellness program is a supplement to the BSSD Health and Wellness program and is offered to FC employees only. Suggestion and comments should be directed to Becky McKelvey or Shawn Roderick.



"Make the most of yourself" -Ralph Waldo Emerson

FC LOSERS BECOME BIG WINNERS

The BSSD Employee Health & Wellness Program "Biggest Loser" competition between all of the schools in the district is well underway. Participating "losers" weighed in on Friday Sept 15th with an end date of Friday December 15th. The Biggest Loser program encourages weight management through the use of cash incentives, group support and personal accountability.

The 16 Freshman Center team participants are: Sharon

Antes, Pattie Balano, Stacy Berry, Darrin Brownlee, Joy Galvez, Shelly Kimsey, Judi Knipmeyer, Becky McKelvey, Gayla O'Connor, Melanie Reece, Christy Schaberg, Leo Scharfenkamp, Diane Severns, Karyla Stowell, Billie Sullivan & Mark Walkenhorst.

In addition to the obvious benefit of losing the weight, the FC "losers" will also receive 5 WellPoints and the biggest loser/winner at the Freshman Center will win a

cash prize.

Don't miss the opportunity to encourage our "losers". They are taking the first step towards better health and wellness.

The next weigh in date is set for Friday October 20th.

GOOD LUCK~



"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." ~Dr. GUESS

HEALTHY EATING AT THE FC



Drink More Diet Soda, Gain More Weight?

People who drink diet soft drinks don't lose weight. In fact, they gain weight, a new study shows. The findings come from eight years of data collected by Sharon P. Fowler, MPH, and colleagues at the University of Texas Health Science Center, San Antonio. Fowler reported the data at the annual meeting of the American Diabetes Association in San Diego.

"What didn't surprise us was that total soft drink use was linked to overweight and obesity," Fowler tells WebMD. "What was surprising was when we looked at people only drinking diet soft drinks, their risk of obesity was even higher."

In fact, when the researchers took a closer look at their data, they found that nearly all the obesity risk from soft drinks came from diet sodas. "There was a 41% increase in risk of being overweight for every can or bottle of diet soft drink a person consumes each day," Fowler says.

Fowler's team looked at seven to eight years of data on 1,550 Mexican-American and non-Hispanic white Americans aged 25 to 64. Of the 622 study participants who were of normal weight at the beginning of the study, about a third became overweight or obese.

For regular soft-drink drinkers, the risk of becoming overweight or obese was:

- 26% for up to 1/2 can each day
- 30.4% for 1/2 to one can each day
- 32.8% for 1 to 2 cans each day
- 47.2% for more than 2 cans each day.

For diet soft-drink drinkers, the risk of becoming overweight or obese was:

- 36.5% for up to 1/2 can each day
- 37.5% for 1/2 to one can each day
- 54.5% for 1 to 2 cans each day
- 57.1% for more than 2 cans each day.

For each can of diet soft drink consumed each day, a person's risk of obesity went up 41%.

Fowler is quick to note that a study of this kind does not prove that diet soda *causes* obesity. More likely, she says, it shows that something linked to diet soda drinking is also linked to obesity.

"One possible part of the explanation is that people who see they are beginning to gain weight may be more likely to switch from regular to diet soda," Fowler suggests. "But despite their switching, their weight may continue to grow for other reasons. So diet soft-drink use is a marker for overweight and obesity."

Why? Nutrition expert Leslie Bonci, MPH, RD, puts it in a nutshell. "You have to look at what's on your plate, not just what's in your glass," Bonci tells WebMD.

People often mistake diet drinks for diets, says Bonci, director of sports nutrition at the University of Pittsburgh Medical Center and nutrition consultant to college and professional sports teams and to the Pittsburgh Ballet.

"A lot of people say, 'I am drinking a diet soft drink because that is better for me. But soft drinks by themselves are not the root of America's obesity problem,'" she says. "You can't go into a fast-food restaurant and say, 'Oh, it's OK because I had diet soda.' If you don't do anything else but switch to a diet soft drink, you are not going to lose weight."

"If you offer your body something that tastes like a lot of calories, but it isn't there, your body is alerted to the possibility that there is something there and it will search for the calories promised but not delivered," Fowler says.

Perhaps, Bonci says, our bodies are smarter than we think. "People think they can just fool the body. But maybe the body isn't fooled," she says. "If you are not giving your body those calories you promised it, maybe your body will retaliate by wanting more calories. Some soft drink studies do suggest that diet drinks stimulate appetite."

SOURCES: Fowler, S.P. 65th Annual Scientific Sessions, American Diabetes Association, San Diego, June 10-14, 2005; Abstract 1058-P. Sharon P. Fowler, MPH, University of Texas Health Science Center School of Medicine, San Antonio. Leslie Bonci, MPH, RD, director, sports nutrition, University of Pittsburgh Medical Center. WebMD News: "Artificial Sweeteners May Damage Diet Efforts." "Artificial Sweeteners May Damage Diet Efforts." Davidson, T.L. *International Journal of Obesity*, July 2004; vol 28: pp 933-955.

"I'm not overweight, I'm just nine inches too short." ~Shelley Winters

WELLPOINTS REWARDS PROGRAM

WellPoints is a comprehensive point-based incentives program that rewards participants for various preventive health behaviors. To participate, employees must have **either** completed the personal health profile during the previous years' benefits open enrollment period **or** submitted an enrollment fee. This year all employees completed this during insurance re-enrollment.

WellPoints members participate and track progress in various health behaviors. Each behavior is awarded a specific point value which can be viewed under "Point Distributions". Participants will only be awarded points upon providing proof of participation.

Proof of participation requirements can be found under "Activity Descriptions". Participants are eligible to earn a maximum of 100 points per year which can be redeemed by following the simple steps found under "Redeeming Points". Certificates will only be sent upon reaching 25 points, 50

points, 75 points, or 100 points. Participants can redeem their points once per year, hence participants should only redeem their points if they do not believe they will progress to a higher level. Points will not carry over to the following year.

Certificates will be redeemable online through Hallmark Insites at over 400 stores like Coach, Eddie Bauer, & Gap.

Please refer to your 2006-2007 Employee Health & Wellness Guide for a detailed list of available WellPoints. More information will be coming soon!!





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**BLUE SPRINGS FRESHMAN
 CENTER WELLNESS
 PROGRAM**

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**HEALTH & WELLNESS PROGRAM
 DISTRICT SCHEDULE OF ACTIVITIES**

CATEGORY	EVENT	START	END	TIME	LOCATION
Physical Activity	Train Your Heart	10/23/06	N/A	6:00pm – 7:00pm	TBA
Physical Activity	Resistance Training	11/6/06	N/A	6:00pm – 7:00pm	TBA
Health Education	District Wide Speaker	11/15/06	N/A	6:00pm – 7:00pm	TBA
Nutrition	Eating for the Holidays	11/20/06	N/A	6:00pm – 7:00pm	TBA
Nutrition	Eat Five to Feel Alive	12/6/06	N/A	6:00pm – 7:00pm	TBA

NOVEMBER FC WELLNESS HIGHLIGHTS

November is Defense Month at the Freshman Center. The events of the month will include:

- A Self Defense Class by Bill Witthar of Best Gymnastics (Free)
- Defensive Eating for the Holidays
- Defensive Health~ Flu Shots & Germ Warfare
- Students will be learning on how to be defensive and avoid spreading germs.

Events are presented by the BSSD Health & Wellness Program and all current and retired district employees are welcome to attend. If there is a specific health or wellness topic that you would like to see presented, please let Shawn Roderick, district Wellness Coordinator or your FC wellness ambassador, Becky McKelvey know. Attendance at any of the activities counts towards your WellPoints.