The Mobile Mammography Unit was here on campus in November, if you are interested in having them return to campus please contact Lisa Lefebvre at lefebvrelm@wofford.edu. They will come back if we schedule at least 6 people. So if you need a mammogram, and are interested let me know.

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**American Heart Month**

February is the month that we focus on heart disease as an issue that affects all of us in some way. President Obama in his declaration of February as National Heart month stated that nearly half the population has at least one risk factor for heart disease but did not even know that. This is why it is important to understand the risk factors for cardiovascular disease, such as obesity, inactivity, and diabetes, and to keep your blood pressure and cholesterol under control. The Wofford Wellness program is focused on many of these risk factors.

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**Wear Red this Friday!!**

Wear Red Friday is a national movement to bring attention to the number one killer of women, heart disease.

**Spartanburg Shop and Stroll** kicks off at One Morgan Square this Friday from 5-7. You can learn CPR, shop and have healthy food downtown. This is presented by Spartanburg Regional and the Spartanburg Regional Foundation.

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**Wofford Wellness**

For more information about heart disease risk factors please go to the Wofford Faculty/Staff Wellness Page on Wofford’s website to get more information about walking, heart disease, cholesterol and blood sugar.

http://www.wofford.edu/wellness/otherinfo/
Fit to Give

Who is interested in training to walk or run a half marathon?

Lets get some walking groups started where you partner up with others for encouragement and with a plan to increase our walking over time. Please contact me if you are interested and I will schedule a meeting for those interested to form some teams. You don’t have to walk together all the time, but if you want to train for a longer race, it helps to have the added encouragement of a partner or two especially for the longer weekend walks.

We have several people on campus who have walked or ran half or even whole Marathons. We can get some of them to come and give us advice. Who is in???

Ideas for upcoming events include the Cooper River Bridge run in March, The Shine color runs has two events, one in March in Columbia and another in April in Clemson.

Congratulations to January Fit to Give High Steppers:

Aaron Pickens, Raymond Ruff, Lathrop Mosley, Roger Wiren, Luci Laffitte, Janella Lane, Deno Trakas, George Singleton, Dave Sykes, Roberta Bigger, Brent Williamson, John Miles, Krista Redding, Leigh Ann Miller, Carol Wilson, Bob Moss, Jennifer Allison, John Birney, John Lefebvre, Matt Hammett, Stefanie Baker, Ron Wood and Lisa Lefebvre.
What We Googled in 2014

The American Institute for Cancer Research (AICR) is well versed in the latest scientific evidence on food, drink, and cancer prevention. They also know that a lot of people get their health information online, where it can be difficult to separate fact from fiction. So what were we searching for this year when it comes to cancer and foods and drinks? The AICR used the 2014 Google Trends to find out.

Alcohol and Cancer
This was the most popular search term involving cancer and a specific food or drink, for good reason. The latest research has found that alcohol increases the risk of some cancers, including breast and colorectal. Based on the evidence, the AICR recommends that if you do drink alcohol, limit your drinks to 1 per day for women or 2 per day for men.

Coffee and Cancer
Coffee had a lot of people searching this year and the news is good for coffee drinkers. While scientists early on used to think coffee increased risk for certain cancers, research now shows a lack of association or even a beneficial effect for cancer risk. In 2013, the AICR’s latest report on endometrial cancer found that drinking coffee – whether decaf or regular – is associated with a lower risk of this cancer. Let’s drink to that!

Guanabana and Cancer
A few years ago, interest started to grow about how the tropical fruit guanabana, also called graviola or soursop, could fight cancer. In 2014, it was one of the top searches.

Many web sites, especially those selling guanabana, make bold claims about its ability to cure cancer. While some studies show that guanabana extract inhibits cancer cells in test tube cultures, no studies have examined the effect of guanabana on cancer in humans. Also, just because guanabana is natural doesn’t mean it’s safe—fruits like guanabana may have detrimental effects, so be sure to check with your doctor before taking guanabana supplements.

Vegan and Cancer
This may have made the top search list because of the numerous testimonials on the web, some saying a vegan diet can prevent or even cure cancer. AICR and the World Cancer Research Fund International reports suggest that for cancer risk, a vegan diet gives no particular benefit over a plant-based diet. That being said, AICR links diets high in fruits, vegetables, whole grains, and beans and low in red and processed meats to lower cancer risk. Vegan diets contain no meat and are often high in these healthy plant foods.

De-Stress at Your Desk: Office Yoga

How can your yoga practice help you stick with your other New Year’s Resolutions? Continuing your resolution is ultimately about embracing change. Yoga is a powerful catalyst for change. Unlike changing your eating or exercise habits, practicing yoga causes a fundamental shift within. It creates within you a permanent change from which all other changes can occur. A foundational pose where you can begin to sense a shift in your mind is Sukhasana (Easy Pose).

Step-by-Step Instructions:
1) Begin sitting on the front edge of a folded blanket or yoga block. The hips should be elevated off the floor.
2) Cross your legs in front of you at the shins and separate the knees.
3) You’ll know you have the basic leg fold of Sukhasana when you look down and see a triangle, its three sides formed by the two thighs and crossed shins.
4) Try to sit with a neutral pelvis, neither rounding back or arching forward.
5) Sense that the head is balanced on the spine over the pelvis. Gently fold the hands in your lap.
6) Relax and close the eyes to draw your attention inward. Breath slowly through the nose for as long as is comfortable.
7) The mind will become a reflection of the breath — steady and calm.

Study Sheds Light on Key to Cutting Sodium, Not Flavor

If you’re anything like the average American, you’re consuming way too much sodium. You may have tried to kick the habit, but found that you just don’t like the taste of low sodium foods as much.

A recent study published in the journal *Appetite* may help. Researchers split about 150 participants into three groups to test how much they liked three soups over repeated tastings: a standard tomato soup, a low sodium tomato soup, and a low sodium tomato soup seasoned with herbs and spices.

On the first day of the study, everyone tasted samples — about two tablespoons each — of all three soups. For the next three days, participants ate larger portions of their one assigned soup. On the last day, all three groups again sampled small portions of the three soups. Participants rated how much they liked each soup every day.

Results from the study suggest three strategies that can help you cut back on sodium without sacrificing flavor:

- **Find the blend that you like best.** Before beginning the study, researchers tested three different herb and spice blends to add to the low sodium soup: blends were based around basil, cumin and coriander, or oregano. No one blend was a clear favorite among participants overall, but individual participants had definite preferences. The lesson is to find the herb and spice blend that you prefer.

- **Use herbs and spices to flavor lower sodium products.** The researchers found that the low sodium soup seasoned with herbs and spices actually tasted saltier to participants than unseasoned low sodium soup, even though both soups contained the same amount of salt.

- **Give your taste buds time to adjust.** Adding herbs and spices helps, but it still takes time to adjust to the flavor of lower sodium products. At the beginning of this study, participants liked the standard soup better than both low sodium soups. But after just five days, participants who ate the seasoned low sodium soup every day liked it better than they had at the beginning of the study. There was no change in how much participants who ate the other soups every day liked them.

Cutting back on sodium is important because consuming too much sodium is linked to health problems like high blood pressure and stomach cancer. The results of this study suggest that you shouldn’t give up even if you don’t love the low sodium version of your favorite food right away. As long as you’re using salt-free herbs and spices to flavor the dish, keep trying it and you may end up changing your mind.


This Month’s Q&A: Ask the Expert

**Q: How much sodium should I have each day?**

The American Heart Association recommends that Americans consume less than 1,500 mg/day sodium, which is the level with the greatest effect on blood pressure. The recommendation for less than 1500 mg/day does not apply to people who lose large amounts of sodium in sweat, such as competitive athletes and workers exposed to extreme heat stress (for example, foundry workers and fire fighters), or to those directed otherwise by their healthcare provider.

Previously, the American Heart Association sodium recommendations set the limit at no more than 2,300 mg/day for the general population and 1,500 mg/day for hypertensive individuals, blacks, and middle-aged and older adults. The U.S. Centers for Disease Control and Prevention (CDC) released data in 2009 showing that nearly 70 percent of the U.S. population is made up of the groups for whom 1,500 mg a day sodium is recommended. Ninety percent of Americans adults are expected to develop high blood pressure in their lifetimes, and eating too much sodium is strongly linked to the development of high blood pressure. For these reasons and because the potential public health benefits of sodium reduction are significant and extend to all Americans, the American Heart Association in 2010 chose to recommend that Americans eat less than 1,500 mg/day sodium as part of the definition of ideal cardiovascular health.
Using A Personal Trainer
They aren’t all the same.


New Year’s resolution tend to waiver in February but the use of personal trainer may keep you on track with your goals! A qualified personal trainer can help you safely and maintain an effective exercise program. A personal trainer will understand your fitness goals and help you achieve them. Trainers can be a great source of motivation and encouragement, as well as a resource for the latest objective health and fitness information. A trainer can also help you fit exercise into your schedule and teach you how to make the most out of your time in the gym.

However, the title “personal trainer” does not guarantee that a person is qualified. Currently, there is no national standard or minimum requirement for personal trainers. Working with an underqualified trainer could jeopardize your safety. It is important to have the knowledge of what to look for when seeking a personal trainer that is educated, qualified and a right fit for you!

Certification and Education
• Does the trainer hold a four-year degree in exercise science, physical education, or a related health and fitness field?
• Does the trainer have additional training and certifications by a nationally recognized organization?
• Is the trainer CPR and first aid certified?
• Does the trainer have liability insurance?

All certifications should be obtained from a nationally recognized organization and based on job-related performance criteria, which has been validated by scientific research in the field. Many certifying organizations do not comply with industry standards, so it is important to ask about the trainer’s educational background and professional certifications. Check to make sure the certification is from a credible and reputable organization.

Finding a Personal Trainer
• Would you prefer a male or female trainer?
• Do you like the trainer’s personality? And will he/she be a good fit to your personality and fitness goals?
• Is the trainer friendly and open to answering questions?
• Does the trainer communicate well and explains exercises in a way that is easy to understand?
• Will the trainer motivated you to exercise and make you want to continue your program?
• Are you comfortable with the trainer?

Experiences and References
• How long has he/she been a trainer?
• Why types of clients does he/she normally work with?
• Can he/she provide you with references?
• The trainer should have more education and experience than just having been a weightlifter, body-builder, or active in fitness.

Fees, Scheduling, & Cancellation Policies
• What does the trainer charge?
• How long is each session?
• What services are included in the price?
• In there an additional gym membership fee?
• Are there discounted package prices?
• Is there a contract to sign for long-term training?
• Is there trainer available to meet your needs?
• What is the cancellation policy?
• Will you be charged if you do not cancel within a certain time frame?

The fees personal trainers charge may vary according to qualifications, experience, location, length of session and specialization of the workout. Typically, a personal trainer will charge $20 to $100 an hour. Some trainers will offer reduced hourly rates for long-term packages or prepaid sessions.

Ask the trainer to provide you with a written copy of all policies on contracts, billing, scheduling and cancellations.

Safety and Pre-Activity Screening
The trainer should be able to provide information regarding potential risks associated with exercise. The trainer should be able to respond to any reasonable and foreseeable emergency situation that threatens the safety of a client.
• The trainer should ask specific questions, before the exercise program begins, about medical conditions, medications currently being taken, previous injuries and surgery as it relates to exercise, and aches and pains.
• Every client should be screened before training to assess whether he or she has medical conditions or risk factors that should be addressed by a physician.
• Every client should be offered a pre-activity screening and fitness evaluation that is appropriate for the activity he or she will perform.
• The trainer should instruct you concerning the equipment use, safety aspects of the exercise, and physiological changes that are expected.
• The trainer should assist you in developing realistic goals for the exercise program.
• The trainer should provide fitness assessments related to the specific exercise program to be performed.
• Periodic assessments should be done to determine your progress with the program.

Ask questions so that you will have accurate information when making a decision. Selecting a professional and qualified personal trainer is a sound investment for your health.
Recipe Corner

Chicken Tortilla Soup
Here’s a version of chicken tortilla soup that’s both super-easy and delicious. To make it even quicker, use crumbled baked tortilla chips in place of the homemade tortilla strips and skip Steps 1-2. View more soup recipes at eatingwell.com.

Ingredients
- 8 corn tortillas, halved and thinly slices
- Canola or olive oil cooking spray
- 1 tablespoon canola oil
- 3 Anaheim or poblano peppers, diced
- 1 medium onion, diced
- 1 teaspoon ground cumin
- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 4 cups reduced-sodium chicken broth
- 1 14-ounce can diced tomatoes with green chiles
- 2 tablespoons lime juice
- 1/2 cup shredded sharp Cheddar cheese
- 1/4 cup chopped fresh cilantro

Directions
1. Preheat oven to 400°F.
2. Spread tortilla strips in an even layer on a baking sheet and coat with cooking spray. Bake until browned and crispy, 12 to 15 minutes.
3. Meanwhile, heat oil in a large saucepan over medium heat. Add peppers and onion and cook, stirring, until the onion begins to soften, 3 to 5 minutes. Add cumin and cook, stirring, for 1 minute. Add chicken, broth, tomatoes and their juice. Bring to a boil, reduce heat and simmer until the chicken is cooked through, 12 to 15 minutes. Remove from the heat and stir in lime juice. Serve each portion topped with some of the baked tortilla strips, Cheddar and cilantro.

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Pick Poblano Peppers
Poblano peppers are common to Mexican cuisine. Fairly large and heart-shaped, poblano peppers are mild-tasting. In their dried form, they are known as ancho chilies. Cooked poblano peppers are rich in a number of nutrients and are a source of dietary fiber.

- A single cooked poblano pepper has only 13 calories per serving and less than 1/4 gram of fat. A single pepper also has 0.55 gram of protein and almost 3 grams of carbohydrate per serving.
- A single cooked poblano pepper has 4% of the daily value of dietary fiber for those on a 2,000-calorie per-day diet. This is 1.1 grams of dietary fiber. Because most Americans do not include enough dietary fiber in their diet, the relatively high fiber content of poblano peppers is a plus.
- One ancho pepper -- a dried poblano pepper -- has 1.9mg of iron per serving. This provides almost 24% of the recommended dietary intake of Iron for adult men of all ages and women 51+. It has 11% of the RDI for adult women under age 51. As an essential mineral, iron helps produce blood cells, as well as the proteins hemoglobin and myoglobin, which carry oxygen in your bloodstream.
- A single ancho pepper has 174 micrograms of vitamin A, a fat-soluble vitamin that is important for healthy vision. This provides, respectively, 19% and 25% of the recommended dietary intake for adult men and women. It also provides, respectively, 23% and 13.4% of the DRI of vitamin A for pregnant and breast-feeding women. In addition to helping with vision, vitamin A is an antioxidant, protecting your body from damage from free radicals, which are produced during the digestive process. Free radicals may cause premature aging and may increase the risk of heart disease and cancer.

Nutrition Information
Servings per recipe: 6
Amount Per Serving (1 1/3 cups)
Calories: 288
Total Fat: 12g
Saturated Fat: 4g
Protein: 20g
Total Carbs: 25g
Dietary Fiber: 5g
Sodium: 483mg

1 Vegetable
1 Starch
1 Fat
2 Lean Meat