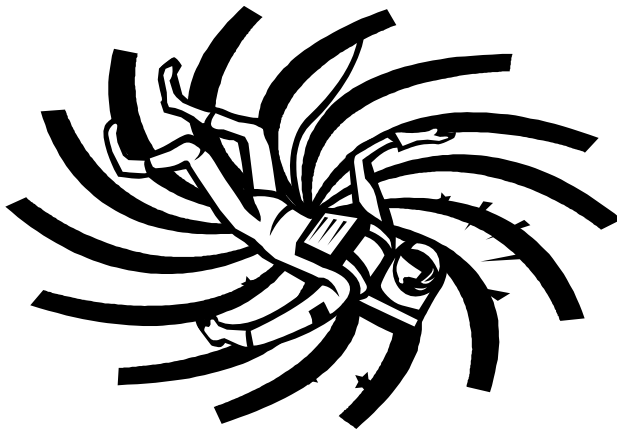


Feeling Anxious? Exercise Can Help!

Greta Ayers, M. Ed., JSC Exercise Scientist



Mel Brooks made a movie about anxiety and it was funny. Off the screen, the experience is anything but funny. Anxiety is a normal and natural response to real, or perceived stressors. However, left unchecked it can cause serious health problems.

What are the symptoms of anxiety?

- Constant worrying or obsession about small or large concerns
- Restlessness and feeling keyed up or on edge
- Fatigue
- Difficulty concentrating or your mind "going blank"
- Irritability
- Muscle tension or muscle aches
- Trembling, feeling twitchy or being easily startled
- Trouble sleeping
- Sweating, nausea or diarrhea
- Shortness of breath or rapid heartbeat

Dealing With Anxiety

Exercise is a healthy way to cope with anxiety. Drinking, smoking, eating, or shopping to excess are not.



Exercise Works To Relieve Anxiety In A Variety of Ways

- Providing distraction
- Increasing social interaction
- Increasing feelings of competence
- May increase "feel good" chemicals in the brain such as neurotransmitters and endorphins

What Type of Exercise?

Just about any kind as long as you enjoy it, it increases your heart rate, and it doesn't become too competitive. Yoga, while not aerobic, can also help with anxiety because it contains a meditation component.

Exercise is not a panacea for all the things that keep you up at night, but it just may be the most effective weapon in your arsenal against anxiety. Exercise and you'll feel better. I promise.

Health Related Fitness at JSC

The JSC Health Related Fitness (HRF) Program has been in continuous operation since October 1983. Over 10,000 pre and post program fitness test batteries have shown consistent long-term improvements for HRF Course graduates in all components of physical fitness.

➤ The next HRF I course starts April 5th. Contact the HRF Staff at 281-483-0301, -0302 for details.
<http://www.explorationwellness.com/Web/docs/HRFP.pdf>



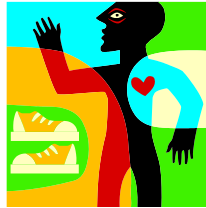
2009 Report on Health Related Fitness Course I Graduates

In 2009 a total of 105 students started one of the four HRF Courses. 85 (80.9%) students graduated. The average age was 50.1 years (SD 12.7). Sixty-eight percent of the students were women and 32% were men. The tables reflect significant 12-week changes in all components of fitness.

Men				
	Start	Finish	Change	% Change
Age	49.9			
PASS	3.9	5.7	1.8	46.2
WT	221.7	218.2	-3.5	-1.6
%Fat	23.9	20.9	-3.0	-12.6
Waist	42.5	41.6	-0.9	-2.1
S & R	24.4	26.4	1.9	7.8
SU	29.3	34.8	5.4	18.4
Grip	100.9	108.2	7.4	7.3
1.5 Run	16.6	14.2	-1.8	-10.8
VO2	30.6	32.9	2.3	7.5

Women				
	Start	Finish	Change	% Change
Age	50.2			
PASS	3.9	5.6	1.6	41.0
WT	175.2	173.5	-1.7	-1.0
%Fat	32.7	31.7	-1.0	-3.1
Waist	36.9	36.7	-0.2	-0.5
S & R	28.8	30.7	1.9	6.6
SU	28.1	32.0	3.9	13.9
Grip	58.6	62.4	3.8	6.5
1.5 Run	18.1	17.7	-0.4	-2.2
VO2	26.7	28.4	1.6	6.0

New Group Exercise Classes Gilruth Center



- **Box n Burn:**

Age-adjusted heart rate workout to increase stamina, speed, strength and coordination. Basic boxing techniques focusing on form and technique.

- **Zumbia:**

Latin inspired dance that includes a variety of international music and movements. Incorporates fast and slow rhythms to increase both cardio and muscle tone.

- **Circuit Step:**

Combination circuit class working upper and lower body. Step combinations have minimal choreography so the class can move quickly between cardio and weight training.

- **Step Blast:**

Cardio class where participants use anywhere from 2 steps to multiple steps. Moves can be heavily choreographed or more basic in intervals. Abs work included.

- **Forrest Yoga:**

Consists of abs, simple moves and non-traditional sequences to build strength without use of weights. Safe yoga positions use the entire body from head to toe.

Got Diabetes? Stress Can Increase Your Blood Sugar.



- Did you know that illness or stress can trigger high blood sugar? Hormones produced to combat illness or stress can also cause your blood sugar to rise.
- People with diabetes may need to increase their diabetes medication to keep their blood sugar near normal during times of illness or stress. If you haven't been given special instructions on how to manage your diabetes medications during illness, please contact your healthcare provider for advice.
- Make sure you know the symptoms of high blood sugar.

Early Signs	Later Signs
Increased thirst	Fruity-smelling breath
Increased urination	Nausea/vomiting
Fatigue	Abdominal pain
Blurred vision	Rapid breathing
	Confusion
	Weakness
	Unconscious



April Wellness Calendar

- 5** Health-Related Fitness I, 12 wks
- 6** Health-Related Fitness II, 10 wks
- 13** Dealing With Diabetes, 4 wks
- 14** EAP Sexual Assault Awareness
- 20** Spring Safety and Health Fair

Onsite Wellness Walks: Tue/Thur, 11am @Bld 11

Ellington Wellness Walks: Every other Wed, 11am
@ Bld H135 South, 281-244-9832

Fitness Challenge: Mayo Clinic My Fitness Solution

JSC Wellness Services *Let Us Help You*

Starport Fitness Center	x30304
Exercise Evaluations and Rx	x30301, 02
Nutrition Consults, Classes	x41503
Employee Assistance (EAP)	x36130
Behavior Change Programs	x36770
Awareness & Education	x39224

Clinic Front Desk	x34111
Clinical Wellness	x46142

Health Assessment	x39224
Website/IT	x39224
Employee Rewards Program	x39224

Gilruth Fitness Center Hours:
M-F 5:30 AM-10PM
Sat: 9 AM-5PM
Sun: Noon-5PM
Sun limited services



Newsletter Editor: Greta Ayers, x30302

Gingered Carrots

Ingredients

1 lb carrots, sliced	1 Tbsp margarine
5 tsp brown sugar	½ cup apple juice
¼ tsp cumin	1 tsp white pepper
¼ tsp salt	
2 Tbsp fresh ginger or ½ tsp dried ginger	

Instructions

Cook carrots in boiling water for 3 minutes or until tender. Cool. Melt margarine and brown sugar in saucepan. Reduce heat, cook 5 min. to caramelize. Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup. Add carrots, ginger and cumin. Cook on medium heat until glazed. Add salt and pepper.

<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx>

