February is American Heart Month!

Cardiovascular disease is the leading cause of death in the United States. One in every three deaths is from heart disease and stroke, which is equal to 2,200 deaths per day. In 2007, Oklahoma ranked 2nd highest in heart disease death rates in the US. Fight back against heart disease and stroke by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat, being physically active for at least 30 minutes most days of the week, being smoke-free, and having your blood pressure in a healthy range.

5 major symptoms of a heart attack:
1. Pain or discomfort in the jaw, neck, or back.
2. Feeling weak, light-headed, or faint.
3. Chest pain or discomfort.
4. Pain or discomfort in arms or shoulder.
5. Shortness of breath.

The most common kind of heart disease in the US is coronary artery disease (CAD), which can cause heart attack. Know the symptoms of a heart attack and act quickly for better survival. Learn more at http://www.cdc.gov/heartdisease/index.html.
Sooner Spotlight:
Kelli Dyer & Megan Short

Nearly 100 OU employees registered and participated in the Sooners Walking for Wellness Challenge, a 12-week challenge encouraging employees to be active and record their minutes of cardiovascular exercise. This activity helped many employees start a new healthy habit, while providing extra motivation and a new spin on several others current exercise routine. Congratulations to the top two employees with the most minutes logged, Kelli Dyer and Megan Short, both from the HSC campus and new owners of a Nike FuelBand and FitBit! Kelli enjoys cycling with her husband and agrees that a great support system has helped her be successful in her healthy lifestyle. Megan’s competitive spirit is what helped motivate her to a 2nd place finish. Thank you to everyone who participated in the challenge!

Get Fiscally Fit!

When it comes to information regarding our Wellness Programs we want to provide information about “physical” wellness, as well as, “fiscal” wellness.

Filing Tax Returns

Filing a tax return is easier today because of software programs capable of calculating your adjusted income, deductions, exemptions, credits and so on.

What happens if I just don’t file a tax return?
• Eventually, the IRS will catch up with you and IRS employees will prepare the returns you did not file. You probably will not get credit for deductions and exemptions on the IRS-prepared returns. The IRS will then send a bill for the tax due, plus penalties and interest.

Is there any advantage to electronic filing, or e-filing, my tax return?
• Yes. If you are due a refund, you will get it in about two weeks (rather than the usual 10 week time frame) and it can be deposited directly into your bank account. There is also some data to suggest that e-filers may be audited less often.

What does it cost to e-file?
• Although the IRS itself does not charge a fee for e-filing, EROs typically charge a fee of about $15 to transmit your return.

(cont. on page 4)
Learn to Shop Healthy

Sign-up for your FREE healthy shopping tour with HealthySooners and Reason’s!

The University of Oklahoma.
TULSA
SCHUSTERMAN CENTER

Thursday, February 6th at 5:00pm
Reason’s at 41st & Yale
4909 E. 41st St.

Space is limited so please register with Lindsay Mitchell, lindsay-mitchell@ouhsc.edu

Words from Wellness
Hi Healthy Sooners! It’s Lindsay, your Wellness Coordinator! Did you make a New Year’s Resolution this year? If you did, are you sticking with it? According to a study by the University of Scranton, about 45% of Americans usually make resolutions with about 8% successful in achieving their resolution. Resolutions seem to be best achieved by people in their 20s and around 47% of resolutions are self improvement or education related. To be successful with your resolution, I suggest you choose something that is meaningful to you. Make a plan of what you need to do and how you will maintain your resolution. Breaking it down into smaller short-term goals will make it easier to stick with and not get discouraged. Good Luck!

Join the Crew!
The Encourage Health Crew is an employee group with a commitment to health that serve as ambassadors for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives in their department. They share information, engage friends and colleagues to participate in wellness programs, and create excitement around leading a healthy lifestyle. Interested in joining the Crew or want to nominate a co-worker? Contact Wellness Coordinator, Lindsay Mitchell, at lindsay-mitchell@ouhsc.edu.

Family Focus
Spring Break Ideas

Alabaster Caverns State Park – Freedom

Medicine Park

Jasmine Moran
Children’s Museum – Seminole

Tatanka Ranch – Stroud

*Visit http://www.travelok.com/article_page/springbreakideas for more activities and travel ideas for the family!

http://healthysooners.ouhsc.edu
Get Fiscally Fit! Cont…

Audits
Why Am I Being Audited?
There are three categories of people most likely to be audited:

● Cash businesses are easy targets for the IRS. Many people in these businesses don’t declare all their income, and the IRS knows it.

● Professionals such as doctors, lawyers and accountants are also targeted. That’s because they generally run their own businesses and do their own bookkeeping.

● Large, unusual deductions are easily picked up by IRS computers. Although these deductions may be justified, they may still raise a red flag.

*Provided by Magellan Health Services

Faculty/staff Intramurals

Have fun and get your exercise when you get involved with faculty/staff intramurals! Check out these opportunities and email Lindsay Mitchell, lindsay-mitchell@ouhsc.edu, to register.

Feb 3
Basketball
Feb 17
Racquetball
Mar 24
Softball

Free Health Screenings for Employees

Starting in February, HealthySooners and BlueCross BlueShield will offer times each month for OU employees to complete their annual health screening conducted by Catapult Health. Employees will receive their cholesterol numbers (TC, HDL, & LDL), blood pressure, blood sugar, and other health information that a nurse practitioner will go over with them. Please schedule your appointment at http://healthysooners.ouhsc.edu/events/default.aspx.

Norman
Feb. 25
Mar. 25

OUHSC
Feb. 17-21
Feb. 27
Mar. 27

Tulsa
Feb. 26
Mar. 26

http://healthysooners.ouhsc.edu
Recipe Round-up!
Healthy fried chicken?! Try this oven-fried recipe!

Oven-Fried Chicken from the American Heart Association
Enjoy this flavorful oven-fried chicken at only 7 grams of fat per serving!

Ingredients
½ c. nonfat buttermilk
1 Tbsp. Dijon mustard
2 cloves garlic, minced
1 tsp. hot sauce
2 ½-3 lbs whole chicken legs, skin removed, trimmed & cut into thighs & drumsticks
½ c. whole-wheat flour
2 Tbsp. sesame seeds
1 ½ tsp. paprika
1 tsp. dried thyme
1 tsp. baking powder
1/8 tsp. salt
Freshly ground pepper to taste
Olive oil cooking spray

Directions
Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.

Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.

Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place the chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray the chicken pieces with cooking spray.

Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes.

Nutritional Analysis per serving – Serves 4

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