June is National Safety Month!

In 2011, the Bureau of Labor Statistics (BLS) reported that industries with the highest musculoskeletal disorder (MSD) rates include health care, transportation and warehousing, retail and wholesale trade and construction. According to BLS, the MSD cases accounted for 33% of all worker injury and illness cases in 2011. Work related MSDs can be prevented. Ergonomics helps lessen muscle fatigue, increases productivity and reduces the number and severity of work related MSDs. The number and severity of MSDs resulting from physical overexertion, as well as their associated costs, can be substantially reduced by applying ergonomic principals.

Dates to remember!

4/2, 5/7 & 6/4
Wellness Webinar
Wednesdays (various topics)

4/21-25
Staff Week

5/26
Memorial Day
Offices Closed

6/2-7/25
Scavenger Hunt Challenge

6/23-27
C.H.A.M.P. Camp (see pg. 3)

Ergonomic design helps prevent injury by adjusting the job to the worker and reducing physical stress. Visit www.ouhsc.edu/ehso/miscellaneous.html to find more about office ergonomics and other environmental health and safety topics at OU.
Sooner Spotlight: Jade Franke

I was always overweight as a child. It simply became my reality and I became comfortable with it. However, I became very uncomfortable with it during my Senior year in high school. My kidney failed that year and during testing before my surgery it was determined that I was 210 pounds, pre-diabetic and had 37% body fat. I am 5'3" and I was wearing a size 18. I had my right kidney removed in December 2002. After recovery I made a game plan to change my life. My goal was to be in a size 12 by graduation in May 2003. I hired a personal trainer and learned about calories and exercise. I did not know anything about calories and had never looked at labels.

I started documenting what I would eat throughout the day and I quickly realized I was eating between 800-1,000 at each meal. My trainer made an eating plan for me and the daily caloric intake was only 1,700 calories, but I was eating salads, fruit and healthy fats and I was starting to feel great. I began walking for 30 minutes 5 days a week and weight training 2 days per week with my trainer. I also fell in love with pilates and began doing that 4 days a week. By May of 2003 I was down to 165 pounds and I was a size 12. I had met my goal and I was hooked!

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.

Retirement Planning

Planning ahead for retirement can help you make the most of your money for your future needs. The sooner you begin saving, the more your retirement funds will appreciate. Talk to your employer about your company’s retirement programs.

In addition, you can personally take care of your future needs by starting an Individual Retirement Account, known as an I.R.A. This account allows you to deposit any money earned into a tax-sheltered account. You can begin collecting this money penalty-free at age fifty-five and a half.

Starting early not only allows you to save more for retirement, it also gives you more time to investigate which programs are best for you. For more information on retirement planning, talk to your employer or a financial expert.

Remember these tips!

✓ Start now! Don’t wait. Time is critical.
✓ Start small, if necessary. Money may be tight, but even small amounts can make a big difference given enough time, the right kind of investments, and tax-favored vehicles such as company retirement plans, IRAs, and SEPs.

(continued on page 4)
Family Focus
C.H.A.M.P. CAMP
OUHSC Department of Nutritional Sciences

WHAT: 5-day cooking camp for kids
WHO: Boys & girls entering 5th, 6th, or 7th grade in Fall 2014
WHEN: 6/23-27 9a.m.-4 p.m.
COST: $125; this includes a $50 deposit by June 6 to reserve a spot

For more info and an application, please contact: Patsy Johnson
(405) 271-8001 ext. 41172
Patsy-johnson@ouhsc.edu

http://healthysooners.ouhsc.edu

Words from Wellness
Hi Healthy Sooners! It’s Lindsay, your Wellness Coordinator! Choosing to live a healthier lifestyle and trying to lose weight can be very challenging and sometimes discouraging. We have been trained that we need to look a certain way or be a certain size to be considered “healthy”. If I put two people beside each other, a slim person that never exercises and an overweight person that has been exercising with moderate intensity. who would you say will live longer? Based off appearance we would probably say the slim person, right? A 12-year study of 2,600 men and women at least 60 years old published in 2007, concluded that those who did poorly on a treadmill test were four times as likely to die than those who did well, regardless of weight! Even though we might like to be a certain size or look a certain way, don’t get discouraged if your weight-loss is slow. Make sure to record and celebrate your fitness successes! Maybe you can walk three flights of stairs now instead of just one. Or maybe you can actually play with your kids at the park instead of just being a bystander on the sidelines. Remember that each time you choose to move, be active, and exercise, you are increasing your odds of living a longer, happier, healthier life! How are you going to get movin’ today?!
Get Fiscally Fit! Cont…

✓ Use automatic deductions from your payroll or your checking account for deposit in mutual funds, IRAs, or other investment vehicles.
✓ Save regularly. Make saving for retirement a habit.
✓ Be realistic about investment returns. Never assume that a year or 2 of high market returns will continue indefinitely. The same goes for market declines.
✓ Roll over retirement account money if you change jobs.
✓ Don’t dip into retirement savings.

*Visit www.magellanassist.com to learn more!

Jade Franke cont…Healthy eating has become a way of life for me now. They say you are what you eat and that is very true. I can only speak for myself, but if I eat a donut or cake I feel sluggish and terrible. When I stick to salads, eggs, oatmeal and healthy foods I feel energized, my workouts are better. I do not believe in fad diets nor way I eat now is healthy and I of my life. I weigh 119 and comfortably wear a size hard. I do not go out on eat fried foods. You will find weights or outside running workouts look like this: I run train 2 days per week and days per week. I have since January 2004. I lost a total woman. I no longer look down when I walk into a room. I hold my head up high and I know that I have worked hard to be where I am. If you are on a weight loss journey I urge you to take it one day at a time and be kind to yourself. The weight did not come on overnight and it will not leave overnight. It will be hard but it will be worth it.

**Jade completed her first half marathon in April 2013 with a time of 2 hours and 20 minutes. She is completing her second half marathon this year. Her goal is to beat last years’ time. Jade is also a member of the OU HealthySooners Encourage Health Crew.**
Recipe Round-up!

Try These Simple Steps for Making Smarter Choices at the Coffee Shop

Contributed by Meagan Waller, OUHSC Nutritional Sciences Student

It is easy to significantly increase your caloric intake by consuming a favorite beverage from your local coffee shop. The drinks and food served are tasty, but can be loaded with sugar, fat, and calories. As with everything, moderation is key, so try these tips the next time you visit the coffee shop for your beloved pick-me-up.

Became Educated - The easiest thing to do is to know what goes in your drink. Ask your barista, they will be happy to tell you. I was shocked when I found out how much syrup, sugar, and chocolate sauce goes into some of the drinks. When you find out, ask yourself – is this something I want to put into my body? Is there a better choice I can make?

Make Simple Changes - Once you know what all goes in your drink, maybe make a few simple changes that will save on sugar, fat, and/or calories. Swap whole milk for 2% in your latte or coffee, or skim or soy for an even better choice. Ask for one or two less pumps of the syrup or sauce that goes into your favorite drink. Omit the whipped cream on top – we don’t need dessert for breakfast! With these simple changes (and many others), you may not even notice a difference in taste and you will be saving calories left and right.

Refrain From Adding More Sugar - If you do choose to go with a sugary drink – maybe it’s a special occasion - try not to add more sugar to it. Same with adding salt to an already salty food. You don’t want to increase your blood sugar levels the same way you don’t want to increase your blood pressure.

Opt Out Of The Baked Goods (Donuts/Muffins/Scones)
The snacks at many of the coffee shops may be convenient when you are on the run, but they are loaded with calories, sugar, and fat. For example, the scone at Starbucks has a whopping 400+ calories in it! Having that on top of a 200-300 calorie drink, and that’s about 600-700 calories, just for breakfast! Opt for a healthier option such as oatmeal or a fresh fruit cup. Choose this and you will save on calories, gain some good nutrients, and fill you up to keep you on track.