



healthy IU

LIVE YOUR BEST YOU.

Visit healthy.iu.edu • Email healthyu@indiana.edu

HEALTH & WELLNESS

IT'S YOUR LIFE— LIVE IT TO THE FULLEST

WHY DOES YOUR **HEALTH** AND **WELL-BEING** MATTER?

Because you matter.

Indiana University's **Healthy IU** empowers, educates, and offers environmental tools to encourage members of the IU community to live their best life.

Every day, we can make choices toward the life we want. **Live Your Best You.**

Keep this booklet as a resource on some of the most critical aspects of your health. Healthy IU's website, **healthy.iu.edu**, will also help you find resources.

TIPS FOR **EMBRACING** A NEW **LIFESTYLE**:

- Take one step at a time
- Seek accountability partners
- View challenges as learning opportunities

START HERE

CAN I IMPROVE MY NUMBERS?

YOUR **HEALTH** IS MORE THAN **NUMBERS**:

Maintaining a healthy lifestyle is a moving target with many pieces. Whether you are looking to lower your blood pressure, maintain a healthy weight, or hit your target glucose level, these factors will help:

- Eating well
- Getting regular physical activity/movement
- Maintaining social connections
- Getting sufficient sleep
- Limiting alcohol
- Not smoking
- Taking time to de-stress
- Sharing your numbers with your physician



When all of these health influencers **work together**, your numbers are more likely to improve. For more information, visit **healthy.iu.edu**.

IT'S ALL CONNECTED

PREDIABETES IS A SECOND CHANCE

A **NEW** DAY:

If you have been diagnosed with prediabetes—or even diabetes—there are lifestyle choices you can still make to **dramatically** improve your blood sugar levels. Ask your physician about:

- **Eating well** by choosing healthy fats and more fiber, whole grains, veggies, fruits, and lean proteins.
- **Moving your body** through a regular physical activity plan that fits your schedule and interests.

- **Monitoring/lowering** your blood pressure and cholesterol.
- **Managing** your weight.

IU's Diabetes Prevention Program is a free, 16-week, evidence-based lifestyle change program designed to reduce the risk for developing type 2 diabetes. It includes follow-up sessions. Visit **healthy.iu.edu** for more information.

IU employees who are interested in losing weight are eligible to participate in IU's Weight Talk program. Visit **www.indiana.edu/~uhrs/benefits/gethealthy.html**.

AIM FOR JUST THE RIGHT AMOUNT

THE **GOOD** AND THE **BAD**:

The body makes all the cholesterol it needs, and it's carried throughout the body by **lipoproteins**.

- **Low density lipoproteins (LDL):** Called the “bad” cholesterol because it carries cholesterol to tissues (including arteries).
- **High density lipoproteins (HDL):** Called the “good” cholesterol because it takes cholesterol from tissues to the liver, which removes it from the body.

ALL IN **GOOD** MEASURE:

Cholesterol helps your body make important vitamins and hormones. But too much cholesterol can lead to plaque buildup inside your blood vessels, causing your arteries to harden and narrow and limiting blood flow to your heart.



TARGETS

TOTAL CHOLESTEROL:
Less than **200 mg/dL**

LIPOPROTEINS:

- LDL: Less than **100 mg/dL**
- HDL: Men, greater than **40 mg/dL**
Women, greater than **50 mg/dL**

YOU DESERVE A HAPPY HEART

HOW CAN I **LOWER** MY BLOOD PRESSURE?

- **Eat a heart-healthy diet.** Fill your plate with plenty of fruits and vegetables, lean proteins, whole grains, and low-fat dairy products.
- **Get active.** Move throughout the day and also make time for 150 minutes of physical activity per week. (10 minutes at a time is acceptable!)
- **Unwind.** Using relaxation or mindfulness techniques throughout your day counteracts the effects of long-term stress, which may contribute to or worsen high blood pressure, among other health-related issues such as headaches, depression, and digestive disorders.
- **Quit smoking.** For help, visit smokefree.indiana.edu/employees.html.

WHY IT **MATTERS**:

Your blood pressure is the force of your blood pushing against the walls of your arteries.

- **If it's too high, your heart must work harder.** Over time, high blood pressure can cause the heart to enlarge or weaken. This can lead to heart failure.
- **High blood pressure can also narrow your arteries,** which disrupts proper blood flow to your heart or brain, triggering a heart attack or stroke. If you have high blood pressure, talk to your primary care physician about creating a plan to lower it.



A healthy blood pressure is less than **120/80 mm Hg**.

*Do you know where your building's **AED** (Automated External Defibrillator) is located?*

LOVE YOUR HEART

PHYSICAL ACTIVITY DOESN'T HAVE TO BE BORING

MOVING YOUR **BODY** IN **DIFFERENT** WAYS **BALANCES** YOU.

Incorporate the following into your physical activity plan:

- **Move throughout the day**
- **Neuromotor**—involves motor skills: balance, agility, coordination, and gait
- **Strength training**
- **Cardio**

For more information, visit the CDC Physical Activity Basics website: www.cdc.gov/physicalactivity/basics.

For more tips on staying active, visit healthy.iu.edu.

Note: Please be sure to consult your primary care provider before starting any physical activity program if you have existing health concerns or are over 40.

GET OUT AND PLAY

MAKE YOUR WORKSPACE WORK FOR YOU

PEOPLE OFTEN DO MORE **LIFTING** IN **OFFICE AREAS** THAN THEY **REALIZE**.

Try not to twist or jerk while lifting, keep loads close to the body, keep your back in its natural curvature, lift with your legs instead of your back, and get help if needed—your health is worth it.

FEEL **GREAT** IN YOUR **WORKSPACE**.

Visit the IU Environmental Health and Safety (EHS) ergonomics webpage for more information (go.iu.edu/1gaR) or contact EHS on your campus.

Check out Healthy IU's Feel Good Workstation Movements you can perform at your desk! Visit go.iu.edu/1gaU.



ERGONOMICS TIPS FOR DESK WORKING:

- 1 **Adjust** your workstation to fit you.
- 2 Work with a comfortable **posture** in which your joints are naturally aligned.
- 3 **Get up and walk** periodically.
- 4 **Alternate** work tasks.
- 5 Give your joints and eyes a **break**.
- 6 **Use the 20/20/20 rule**—every 20 minutes, move for 20 seconds and look 20 feet in front of you.

SUCCESS RATES INCREASE AFTER EVERY ATTEMPT TO QUIT SMOKING

STRENGTH IN **NUMBERS**:

There are more former smokers in the United States—nearly 50 million—than current smokers.



TOP REASONS PEOPLE QUIT SMOKING:

Relief from tobacco smell

Easier to maintain a
healthy smile

Increased **sex drive**

For their **kids/grandkids**

Saves **money**

Employees and their spouses enrolled in an IU-sponsored medical plan are eligible for tobacco cessation assistance including a personalized cessation program, prescriptions, and over-the-counter nicotine replacement products. See details at hr.iu.edu/benefits/getthehealthy.html.

WHAT ABOUT **E-CIGARETTES**?

Use of e-cigarettes is not an evidence-based proven approach to tobacco cessation and long-term health effects are still unknown.

More information can be found at www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm.

A BREATH OF FRESH AIR

THERE IS NO “ONE WAY” TO EAT HEALTHY—TAKE YOUR PICK

THE **SCOOP**:

Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life, and it's one of the best things you can do to prevent and control many health problems.

IU offers free, 1:1 nutritional counseling for employees. Visit **healthy.iu.edu** to schedule an appointment or for more tips on eating well.

Note: Please be sure to consult your primary care provider before starting any nutrition program or if you have existing health concerns.



CHOOSING A PLAN FOR YOU

I WANT: Five main food groups

TRY: MyPlate (U.S. Department of Agriculture, www.ChooseMyPlate.gov)

I WANT: No dairy, emphasis on water, healthy oils

TRY: Healthy Eating Plate (Harvard School of Public Health, www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/)

I WANT: Vegetarian

TRY: Power Plate (The Physician's Committee for Responsible Medicine, www.pcrm.org/health/diets/pplate/power-plate)

RECHARGE YOUR BODY AND MIND

TO FUNCTION PROPERLY, WE NEED SLEEP.

Sleep is a mood regulator, and it rejuvenates the mind and body. Physical activity, healthy eating, and other personal goals are easier to obtain when we're well-rested and ready for the day.

Many of us wish we could get more sleep. Sometimes, even when we make it a priority, sleep can elude us. Try the 10 tips listed on this page, but if you are still having trouble sleeping, speak with your primary care physician or a sleep professional. For more information, visit [sleepfoundation.org](https://www.sleepfoundation.org).



SLEEP-BETTER TIPS:

- **Regulate your body's clock** by sticking to the same bedtime and wake up time—even on the weekends.
- **Practice a relaxing bedtime ritual** such as a warm bath, reading, or listening to music.
- **Avoid naps**, especially in the afternoon.
- **Exercise daily** (but not high-energy exercises too close to bedtime).
- **Keep your bedroom cool** and free of any distracting noise.
- **Avoid alcohol, cigarettes, and heavy meals in the evening.**
- **Make sure you are well-equipped** for a good night's sleep—a comfortable mattress and pillows are a must, and consider using eye shades, ear plugs, blackout curtains, etc.
- During the day, **exposure to bright light** helps to regulate our sleep/wake cycle; nighttime light exposure, however, even to dim light, can be disruptive to sleep.
- **Avoid electronics before bed**—for some people, the particular type of light emanating from the screens of these devices activates the brain and keeps you awake.
- If you can't sleep, go into another room and **do something relaxing** until you feel tired.

THERE IS NO WELL-BEING WITHOUT MENTAL WELL-BEING

WHERE ARE YOU ON THE **MENTAL WELLNESS** CONTINUUM?



I wouldn't change a thing! I have the support and resources I need to keep myself healthy—mind, body, and soul. Minor issues pop up here and there, and I'm open to ideas about stress management and work/life balance, but I am not necessarily seeking them out.

Resources

- Visit the Healthy IU website: healthy.iu.edu
 - Take a class: healthy.iu.edu
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I could use some help. Most days are fine, but there are a few stressors in my life that I feel are keeping me down. I would feel much better if I had some support—before these stressors start weighing more heavily on me.

Resources

- Take a class: healthy.iu.edu
 - Talk to a caring professional (confidentially) through IU's Employee Assistance Program: hr.iu.edu/benefits/eap.html
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I need help now! I can't stop feeling sad or crying, I often feel angry, or I've lost interest in the things I love. I want to feel better, but I'm just not sure how to do that.

Resources

- Talk to a caring professional (confidentially) through IU's Employee Assistance Program: hr.iu.edu/benefits/eap.html
- Talk to your primary care physician

Self-assessments for depression, anxiety, bipolar disorder, and PTSD can be found at www.mentalhealthamerica.net/mental-health-screening-tools.

IF YOU WANT TO GO FAR, GO TOGETHER

WE SPEND A LOT OF **TIME AT WORK**, SO WE OWE
IT TO OURSELVES TO MAKE OUR WORK LIFE
POSITIVE AND ENJOYABLE.



TIPS FOR GREAT TEAMWORK:

1

Open communication. Start by being a good listener and respectful of others' ideas.

2

Encourage each other's healthy lifestyles. Take a walk together at lunch or on breaks. Plan some healthy options for pitch-in lunches.

3

Remember your common goal. Recognize that each member of the team can use his or her unique skill set and strengths to help achieve your work goals.

University Human Resources' Organizational Development services provides consultation, programs, and training for IU leaders and staff. Learn more at www.indiana.edu/~uhrs/training/.

YOUR LIFE'S WORK IS NOT JUST TO GO TO WORK

WE LIVE IN A **BUSY** WORLD, BUT THERE ARE THINGS WE CAN DO TO HELP **MAINTAIN** OUR WORK/LIFE **BALANCE**.

Small actions that can make a big difference:

- Breathe
- Walk, move
- Eat, drink, sleep properly
- Plan an unplanned day
- Ask for what you need
- Laugh, giggle, chuckle, chortle
- Enlist a balance team (massage therapist, manicurist, spa, friend)
- Slow down

IU's Employee Assistance Program helps employees bring their life into better balance when day-to-day activities are interrupted by stress.

Visit www.indiana.edu/~uhrs/benefits/eap.html. IU also offers WorkLife Balance, an online resource at www.iu.edu/~uhrs/worklife/.



5 MYTHS ABOUT WORK/LIFE BALANCE:

1

Suffering from stress is a weakness.

2

Keeping stress to yourself is the best approach.

3

Other people or situations are to blame for your stress and imbalance.

4

Cutting back or eliminating social, sporting, or personal interests will restore balance.

5

There is a single solution.

AWARENESS GIVES YOU POWER

ASSESSING YOUR **HABITS**:

Do you know approximately how many alcoholic drinks you have per day? Per week?

There's nothing wrong with enjoying alcoholic beverages, but if you notice you are drinking heavily, it's easier to turn things around before there is an addiction.

For women:

- Binge drinking is 4 or more drinks consumed on one occasion (2–3 hours).
- Heavy drinking is 8 or more drinks per week.

For men:

- Binge drinking is 5 or more drinks consumed on one occasion (2–3 hours).
- Heavy drinking is 15 or more drinks per week.

Most people who binge drink are not alcohol dependent or alcoholics.

If you choose to drink, do so in moderation.

- Up to 1 drink a day for women.
- Up to 2 drinks a day for men.

Don't drink at all if you are pregnant, may be pregnant, or have health problems that could be made worse by drinking.

No one should begin drinking or drink more frequently based on potential health benefits.



WHAT IS CONSIDERED A DRINK?

12 oz. of 5% **beer**

8 oz. of 7% **malt liquor**

5 oz. of 12% **wine**

1.5 oz. of 40% (80-proof) **distilled spirits**
(gin, rum, vodka, whiskey, etc.)

SHARE THIS WITH YOUR PHYSICIAN

CHOLESTEROL

TOTAL CHOLESTEROL:	
• Less than 200 mg/dL	Desirable
• 200–239 mg/dL	Borderline High
• Greater than or equal to 240 mg/dL	High
HDL CHOLESTEROL:	
* The higher your HDL value, the lower the cardiovascular risk	
Men: Greater than or equal to 40 mg/dL	Low Risk
Women: Greater than or equal to 50 mg/dL	Low Risk
LDL CHOLESTEROL:	
• Less than 100 mg/dL	Optimal
• 100–129 mg/dL	Near optimal / above optimal
• 130–159 mg/dL	Borderline high
• 160–189 mg/dL	High
• Greater than or equal to 190 mg/dL	Very high
TRIGLYCERIDES:	
• Less than 150 mg/dL	Desirable
• 150–199 mg/dL	Borderline high
• Greater than 200 mg/dL	High

CHOLESTEROL RATIO

Your cholesterol ratio is a strong predictor of heart disease risk. It is calculated by dividing total cholesterol by HDL cholesterol. A lower value is associated with reduced risk.

CHOLESTEROL RATIO:	
• Less than or equal to 3.5	Optimal
• 3.6 to 4.9	Desirable
• Greater than or equal to 5	High

BLOOD PRESSURE

BLOOD PRESSURE:		
Systolic	Diastolic	Classification
Less than 120 mm/Hg	Less than 80 mm/Hg	Normal
120–139 mm/Hg	80–89 mm/Hg	Pre-hypertensive range
Greater than or equal to 140 mm/Hg	Greater than or equal to 90 mm/Hg	Hypertensive range

BODY MASS INDEX (BMI)

BMI:	HEIGHT:	WEIGHT:
• BMI Below 18.5		Underweight
• BMI 18.5–24.9		Normal
• BMI 25.0–29.9		Overweight
• BMI 30.0 and above		Obese

FASTING BLOOD GLUCOSE

GLUCOSE:		
Fasting Blood Sugar	Less than 100 mg/dL	Normal
Casual Blood Sugar	Less than 140 mg/dL	Normal



HOW DO I GET MY INCENTIVE?

Employees screened at their campus health center will have their incentives automatically submitted for payment via their paycheck.

Others, please see the FAQs at healthy.iu.edu.