



Healthy Niagara

Welcome to 2014.

The secret to living the life of your dreams is to start living the life of your dreams today, in every little way you possibly can." - Mike Dooley

HEALTH & WELLNESS SEMINAR: NUTRITION 101

Join us for an exciting wellness program brought to you exclusively by BlueCross BlueShield of WNY .Participants will learn the basics of nutrition, what healthy eating means and how to choose a variety of nutrient-packed foods to stay healthy. February 12th from 6-7 pm in the Kiernan Center. To reserve your spot call the KC at ext 8055 today!



Find your inspiration...

Sign up today to receive your free daily health and wellness tip of the day sponsored by Cleveland Clinic Wellness. It might just be that little reminder you need to stay on track or help you get rejuvenated.

It takes work to be healthy, so they make the information as easy (and -- gasp -- as fun) as possible. With the best info, actionable ideas and a dose of inspiration, you've got the golden ticket to wellness. Don't waste another minute – start living your healthiest life today!

[Cleveland Clinic tip of the day by e-mail sign up](#)

[Cleveland Clinic tip of the day app for I-Phones](#)



HEALTHY MONDAY CAMPAIGN

Sign up today and achieve your New Year goals.

The Healthy Monday campaign is a national movement backed by leading public health schools that dedicate the first day of every week to health. Why Monday? It's the January of the week, the perfect time for a fresh start. People are more likely to begin exercising, start a diet or quit smoking on Monday than any other day of the week. It's a call to action built into every calendar-offering 52 chances a year to live a longer, healthier life. Click here for more information on how to start your healthy Monday program [Participate-in-the-Healthy-Monday-Campaign](#)



MEATLESS MONDAY CAMPAIGN

Every Monday, choose a meatless menu option from Dining Services or wherever you decide to eat. Interested in delicious meatless recipes and more information and cooking tips. Sign up at [Meatless Monday newsletter](#)



WEIGHT WATCHERS

2014 New Year's Resolution: The spring 2014 Weight Watcher session will start on Jan. 22 at 12 noon, location TBD. The cost of the 17-week session is \$169 and payment options are available via payroll deduction or check (made payable to Weight Watchers).

We need 20 participants to ensure the meeting location here on campus and as in the past, if members attend at least 80 percent of the meetings, you will be refunded 50 percent of the cost of the program.

In the Community

Healthy Monday Programming

Every Monday 11-1 in LLG

Kiernan Recreation Wellness Hours

Daily from 11am-3 pm

Employee Health & Wellness Exercise class

1/13-2/26 every Mon & Fri

5:30-6:30 pm, KC

Weight Watchers at Work

Every Wednesday 12 pm,

TBD

Nutrition 101 Seminar

February 12th

6-7 pm, KC

Eating Disorder Awareness Week

February 23-March 1

Join our activities in LLG to help bring increased awareness to our NU community

NU 3rd Annual Health Fair

March 26 from 11-3 pm

MPR, LLG

We are also extending the 50 percent refund to family members who attend Weight Watchers as well with proof of attendance at another location if you have health insurance coverage with Niagara University. Please email Rita Geiben, rgeiben@niagara.edu, if interested in signing up for this session.

COLD VS FLU

Common Cold

The common cold is caused by one of the hundreds of strains of the cold virus. The viruses cause infections of the nose, throat, head and chest. A cold usually lasts 7-10 days. Currently, there is no cure for the common cold. Antibiotics are not used to treat the common cold. There are several steps you can take to relieve the symptoms. Decongestants, antihistamines, Tylenol or Ibuprofen are helpful.

Influenza (Flu)

Influenza is spread by droplets mainly through coughing or sneezing of infected persons. These droplets can be inhaled into the respiratory tract or picked up after touching a contaminated surface. The virus can live on contaminated surfaces for up to 6-8 hours. Influenza-like illness can vary in severity from mild to severe. Symptoms last 7-10 days and full recovery may take up to 2 weeks. An antibiotic does not help cure the flu; you must treat the symptoms. Antiviral prescriptions are helpful but must be started within the first 48 hours from the onset of symptoms and may be recommended for individuals with chronic medical conditions.

Symptoms	Cold	Flu
Fever	Less common < 100.5	Sudden onset > 100.5
Headache	Mild or absent	Prominent
Muscle aches	Mild or absent	Prominent
Fatigue & weakness	Mild or absent	Extreme
Runny nose, congestion, sneezing	Common	Nasal congestion
Cough	Less common	Common
Eye symptoms	Watery eye	Sensitivity to light, pain on motion
Diarrhea & vomiting	Rare	Sometimes
Sore throat	Common	Common

Prevention

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it, washing your hands thoroughly afterwards.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol – based cleaners are also effective.
- When you have to cough/sneeze, do so into your sleeve, not your hands.
- Open your office window daily for fresh air.

COLD WEATHER SAFETY from the office of Human Resources

Considerations for working in the cold

- Cold reduces the skill and ease of using your hands.
- Cold affects your grip force, and the skin's ability to sense temperature and pain.
- Winter clothing, head protection, gloves and boots can all restrict your normal range of motion.
- Cold exposure reduces muscle power and time to exhaustion. Do not overexert.
- Cold tool handles reduce grip force.
- Special care is needed while using ladders or working on elevated platforms in snow and icy conditions.
- Power tools and equipment need special care to be operational in a cold environment.
- Cold exposure aggravates vibration, which can make manual work more painful.
- Blizzards can produce extremely cold conditions and endanger lives within minutes. In blizzard conditions, seek shelter immediately.

Did you know? Since almost 40 percent of the body's heat is lost through the head, insulated hats are vital. When hard hats must be worn, quality winter liners that cover the neck and the sides of the face should be used.

More Important News-January/February Awareness Topics

January is...

Glaucoma Awareness Month

More than 2.2 million Americans, age 40 and older, suffer from glaucoma. Nearly half do not know they have the disease- it causes no early symptoms. Schedule your annual eye exam today!

Cervical Cancer Screening Month

Promote the message that cervical cancer is preventable. Get your Pap test regularly and discuss if the HPV vaccination is appropriate for you.

February is...

Heart Month-Not just for Women

Each year, cardiovascular diseases claim the lives of nearly half a million women-almost one per minute. On February 7th. show your support for the women in your life on National Wear Red Day by wearing red. Identify ways that you can decrease your personal risk for heart disease through behavior modification.

LIVE WELL. BE WELL!