



Freed-Hardeman University  
Teaching how to live and how to make a living.

Volume 5, Issue 1, Fall 2009

### Wellness Program Well Under Way

The 2009-2010 FHitness for U Wellness Program is already off to a great start. Twelve teams comprised of eighty-four participants are fighting for first in a competition more serious than the Amazing Race—one for their health. From September 8 to November 30, teams earn points by reaching their daily recommendations of fruits and vegetables, exercising for at least fifteen minutes, practicing stress-relieving activities, drinking at least six eight ounce glasses of water four or more days of the week, and participating in a race or other related event. At the end of the semester's program, the overall winning team's members will each receive a well deserved \$100 gift card. To all those participating, we thank you, and wish you good luck throughout the semester!

**Monthly Wellness Gift Winner for September: Mike McCutchen.** Mike is the lucky winner of an iPod Shuffle.

### Top Team Rankings

1. Library Team.....711 pts
2. Charlie and His Angels. 522 pts
3. The Mutts..... 426 pts
4. Advancement #1..... 410 pts
5. The Walkaholics.....402 pts

### Workout Dos and Don'ts



Struggling in your workout session and still not seeing any results? According to MSN.com, several common mistakes may be contributing to the problem. Are you exercising through your thirst? Drinking 15 ounces of water two hours before your workout will give you more energy to lift weights and firm up faster. Are you running even though you hate it? Picking a cardio routine that is enjoyable to you will keep you from skipping those workout sessions quite so frequently. Are you reading while on the treadmill? That novel might be so interesting that your workout intensity isn't doing you any good—listen to your favorite music instead. Are you putting all your time into cardio? Swapping aerobic exercise for weights three times a week leads to an average weight loss of 12.5 pounds a year. For more dos and don'ts, check out MSN's [article](#).

Do not let what  
you cannot do  
interfere with  
what you can  
do.

John Wooden

If you have questions or comments, feel free to email Russell or Kay in Human Resources. page 1

Russell Epperson, HR Director



Freed-Hardeman University  
Teaching how to live and how to make a living.

Volume 5, Issue 1, Fall 2009

### Calorie-burning Activities for the Office

Listed here—strenuous activities that do not require much (or any) physical exercise. Office workers are best-equipped to perform these tasks.

- ◆ Beating around the bush..... 75 cal/hr
- ◆ Jumping to conclusions..... 100 cal/hr
- ◆ Making mountains out of molehills...500 cal/hr
- ◆ Climbing the ladder of success..... 650 cal/hr

### H1N1: The Symptoms of Swine Flu

To doctors, the term “flu” means more than just an illness that brings you down for a few days—it is specifically an illness caused by an influenza virus. The new swine flu is no different. It does, however, have a few different symptoms from the ordinary flu that you should be on the lookout for.

The most worrying symptoms among adults include shortness of breath, persistent vomiting, confusion, and dizziness. Among children, more common symptoms are very rapid breathing, a high fever and rash, bluish color of the lips and skin, and markedly different behavior in their interactions with others, eating and drinking habits, irritability, and sleepiness. These symptoms are in addition to those seen in the ordinary flu,



which includes abrupt start to symptoms, a lack of energy for anything, a high fever (100° F to 105° F) that rises to this level rapidly, usually in the first 12 to 24 hours, bad headaches, aching muscles and joints, pain in moving the eyes, discomfort in bright light, a cough, and a sore throat. People with these common symptoms should seek immediate medical attention if, rather than getting better, they progress into the swine flu symptoms listed above. [MSN Health and Fitness](#)

**Gracious words are like a honeycomb,  
sweetness to the soul and health to  
the body.**

**Proverbs 16:24**

If you have questions or comments, feel free to email Russell or Kay in Human Resources.

page 2

Russell Epperson, HR Director