



Employee Wellness News

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Ask Wellness: Should I Be Lifting Weights?

Question: *I am a 40 something year old woman who exercises regularly (walk/run 4-5 days per week). Lately I've been reading a lot about the importance of strength training for women. If I am regularly active, do I still have to do strength training? I really don't want to get big, bulky muscles or spend a lot of time in the gym.*

Answer: A lot of women share your concerns about lifting weights as many may be afraid of "bulking up." Let me ease your fears. It is impossible for women to get large, masculine muscles (like the women you may see in body building competitions) without performance-enhancing drugs. Such physiques also require hours and hours of training, so have no fear, you will not get big and bulky. Incorporating strength training in your exercise program is critically important but is often neglected (by both men and women). As we age, we lose muscle mass (beginning around age 30), also known as sarcopenia. However, if we participate in strength training programs we can maintain (even increase) our muscle mass as we age. Strength training helps maintain strong bones (especially important for older women at risk for osteoporosis), maintain balance and coordination (which prevents falls) and, as we age, is highly associated with independent living and better health outcomes. A strength training program can be as easy as 20 minutes, 2 times per week. By focusing on fundamentals (squats, lunges, presses and core work) you can get stronger without too much time in the gym. You can also do body weight exercises anywhere, gym not required. Wellness can help you design a strength training program and offers personal coaching. Schedule yours today!

Do You Have Diabetes?

Type II diabetes is being called an impending health crisis. Already more than 11% of adults over age 20 have been diagnosed and, more alarming, 35% of adults are now considered "pre-diabetic" and – without significant changes – will develop this disease. Many people do not exhibit symptoms for many years which is why Wellness encourages you to get screened, no matter what your age. Wellness offers free blood sugar screenings at your convenience and at no charge. Don't be a statistic!



An Insurance Plan for Your Diet

The supplement aisle at your local pharmacy or grocery store can be overwhelming with so many choices of vitamins, minerals and products. And while the vast majority of these products are not necessary for good health, there is a strong case for adults to take a daily multivitamin (MV). And while a daily MV is no substitute for a healthy diet, it is a good way to assure you are meeting the recommended levels of important micronutrients like calcium, vitamin D, folic acid and iron. When it comes to supplements other than a MV, Wellness strongly urges you to consult a doctor first. Many supplements can interact with other products, including medications, and many vitamins and minerals can result in toxicity when consumed in excess. Always notify your doctor and pharmacist of any and all over the counter products you take, including supplements. For more information on MVs and other supplements, click [here](#).

Prescribing exercise to treat depression


The New York Times Can a stroll help ease depression? That question preoccupied Dr. Madhukar H. Trivedi, a professor of psychiatry at the University of Texas Southwestern Medical Center in Dallas, after several of his patients, all suffering from serious depression, mentioned that they felt happier if they went for a walk. The patients in question were taking the widely prescribed antidepressants known as S.S.R.I.'s, for selective serotonin reuptake inhibitors, but not responding fully. They remained, by clinical standards, depressed. Dr. Trivedi and his colleagues began to wonder if adding a formal "dose" of exercise would increase their chances of getting better. [CLICK HERE TO READ FULL ARTICLE](#)



This Chef Does House Calls!

There may not be a chill in the air yet, but the calendar says "fall" so we're breaking out the Crockpot. If you "don't have time to cook" the Crockpot should be your best friend. A slow-cooked meal is only four ingredients away: 1) 1-3 lb of meat of your choice (pot roast, turkey breast, chicken breast, etc); 2) Stock (or water) of your choice; 3) 1 onion (chopped); 4) Sweet potatoes (or other vegetables). Combine all in Crockpot, cook on low for 8 hours and dinner's ready when you walk in the door!





Take
the
QUIZ!

#1 Take the quiz (click on sticky note to begin)

#2 Report your score in an email to Rachel
Her address is May_rl@mercer.edu

#3 Save your email until you receive the 5 point bonus
sticker in campus mail.