



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES (4 Fitness Points)

Starting in January 2013, the Saline County Wellness Committee will be offering monthly nutritional classes provided by Victoria Rethmeier. The classes will be offered during the evening. The first class will be

Baking Healthier/Lower Calorie Cooking

5:30 pm, Wednesday, January 9th at the Extension Office

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

INDIVIDUAL FITNESS PROGRAM (2 Fitness Points)



On Tuesday, January 8th, starting at 5:30, Tom Sweeney with Body Basics will be at the Saline County Fitness Center setting up interested individuals on a personalized fitness program.

Please contact Kerry at 402-821-2374 to sign up for your own personal 20 min appointment. You may bring 1 family member with you.

HEALTHY SNACKS

Looking for a healthier alternative to the vending machine snacks?? Healthy snacks available on the 2nd floor of the Courthouse--less calories and costs less than the vending machine snacks.

Ways to Get Healthy in 2013

Here are some ways to get you started:

- SALINE COUNTY FITNESS CENTER (FREE)
- BODY PUMP AND/OR WILBER WELLNESS
- WEIGHT WATCHERS IN CRETE ON TUESDAYS

-YOGA TAUGHT BY STACY GROSS AT WILBER HS THURSDAY NIGHTS @ 5:30 (SEE ATTACHMENT)

-BASIC FITNESS IN CRETE OFFERES ZUMBA, BODY PUMP, GROUP CYCLING, YOGA & BOOT CAMP

-SCC BEATRICE CAMPUS--YOGA & PILATES, FULL BODY WORKOUT, ABSOLUTELY ABS, GENTLE YOGA

KICKBOXING, LATIN DANCE MOVES (SEE ATTACHED FLYER) ~ANYTIME FITNESS IN CRETE

TARGET HEART RATE

For Maximum Results, you should exercise for 20-60 minutes at your Target Heart Rate.

To find your Target Rate, use the following equation:

Maximum Heart Rate: $220 - \text{age} = \text{MAX heart rate}$
(ex. $220 - 20 = 200 \text{ MHR}$)

Target Heart Rate: 60%-80% of the MAX
(ex. $200 \times .6 = 120 \text{ beats per min}$, $200 \times .8 = 160 \text{ beats per min}$.)

Therefore the TARGET HEART RATE range for a 20-year old, working at 60-80% (up to 85% for very fit people) of his/her max heart rate is 120-160 beats/min.



SALINE COUNTY EMPLOYEE 2012 AGGREGATE REPORT

Measure	National Guideline Standard	% of Participants	# of Participants
Systolic BP (SBP)			TOTAL 108
normal SBP	≤ 120 mmHg	17.6%	19
Borderline high SBP	121-139 mmHg	38.9%	42
high SBP	≥ 140 mmHg	43.5%	47
Diastolic BP (DBP)			TOTAL 108
normal DBP	≤ 80 mmHg	36.1%	39
borderline high DBP	81-89 mmHg	25.9%	28
high DBP	≥ 90 mmHg	38.0%	41
Uncontrolled BP			35
Fasting Glucose (FBG)			TOTAL 113
normal	≤ 100 mg/dL	72.6%	82
borderline high	101-125 mg/dL	21.2%	24
high	≥ 126 mg/dL	6.2%	7
Total Cholesterol			TOTAL 113
desirable	≤ 200 mg/dL	77.0%	87
borderline high	201-239 mg/dL	20.4%	23
high	≥ 240 mg/dL	2.7%	3
LDL Cholesterol			TOTAL 110
ideal (individuals with CVD)*	< 70 mg/dL		7
optimal	< 100 mg/dL	40.0%	44
near above optimal	100-129 mg/dL	41.8%	46
borderline high	130-159 mg/dL	15.5%	17
high	160-189 mg/dL	0.9%	1
very high	≥ 190 mg/dL	1.8%	2
Triglycerides			TOTAL 113
normal	< 150 mg/dL	67.3%	76
borderline high	150-199 mg/dL	14.2%	16
high	200-499 mg/dL	18.6%	21
very high	≥ 500 mg/dL	0.0%	0
HDL Cholesterol (Men)			TOTAL 55
ideal	≥ 50 mg/dL	34.5%	19
normal	40-49 mg/dL	29.1%	16
low (high risk)	< 40 mg/dL	36.4%	20
HDL Cholesterol (Women)			TOTAL 58
ideal	≥ 60 mg/dL	36.2%	21
normal	50-59 mg/dL	22.4%	13
low (high risk)	< 50 mg/dL	41.4%	24
BMI (Body Mass Index)			TOTAL 110
under healthy weight	< 19%	0.0%	0
healthy weight	19-25%	20.0%	22
overweight	26-30%	40.9%	45
obese	> 30%	39.1%	43

*This value is recommended for individuals with diagnosed cardiovascular disease

Prepared by Warren Memorial Hospital 3/26/2012

GET UP AND GOING FITNESS CHALLENGE JANUARY 2013



**Earn 30 fitness points by the end of January

**The Challenge only cost
\$10.00 to enter!!!**

- You are given a $\frac{1}{2}$ point for every $\frac{1}{2}$ hour you continually work out (If you exercise for less than $\frac{1}{2}$ hour at a time, you will not receive any fitness points.)
You can earn 4 fitness points for attending the nutrition class in January and 2 fitness points for meeting with Tom Sweeney to set up a personal fitness program.

- Fitness points will count for the following physical activity:

*Walking/Hiking	*Running	*Cardio
*Biking/Cycling	*Swimming	*Strength Training
*Yoga	*Boot Camp	*Work Out Tapes
*Body Pump	*Zumba	*Lifting Weights
*Pilates	*Aerobics	*Elliptical/Treadmill

(If you have any questions about what counts as physical activity, please send an email to kerryh@diodecom.net)

- Each Monday by 5:00 pm, you will email your fitness points for the previous week to kerryh@diodecom.net You will need to include the following:
 ∞Day ∞Time ∞Description of Exercise ∞Length of Time Exercised

There will be no weigh-ins or weigh-outs, so contact any wellness committee member to sign up!!!! If you so desire, we will help you calculate BMI and take measurements at the beginning and end of the challenge so you can see your individual results.

IF YOU HAVE ANY QUESTIONS, PLEASE ASK SOMEONE ON THE WELLNESS COMMITTEE or email kerryh@diodecom.net

*Sharon Jelinek *Marvin Kohout *Bruce Filipi *Stacy Gross *Jennifer Chavez
 *Rich Bartels *Cheri Slama *Kory Mullen *Linda Kastanek *Kerry Hagemeyer

Yoga @ Wilber High School starts Thursday January 10, 2013 @ 5:30

Instructor: Stacy Gross

6-week class for \$25.00

This class includes gentle stretching exercises for flexibility, strength, and longevity. You will practice simple Yoga poses and breathing exercises that will strengthen and stretch your body while relaxing and energizing your spirit. Benefits of Yoga: Reduce Stress, Lose Weight, Better Flexibility, Variety of benefits for diabetes, heart disease and fibromyalgia.

Wear loose clothing—class is appropriate for ALL fitness levels (modified poses)

REGISTRATION FORM - NON-CREDIT COURSE

Southeast community college

Complete this form with payment information and send via FAX or mail to:

SCC-Continuing Education Center
301 S. 68th St. Place, Lincoln, NE 68510
FAX: 402-437-2703

The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to redisclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

2012 QUARTER

SUMMER

WINTER

FALL

SPRING

Social Security Number OR SCC Student ID Number		Name: Last		First	Middle Initial	Email Address	
Residence Mailing Address				Home Phone		Cell Phone	Business Phone
City	State	Zip	Birth Date	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	County #	<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska	Would you like to be added to our e-mail mailing list? Please provide your e-mail address above: <input type="checkbox"/> Basic Skills, GED, ESL & Citizenship <input type="checkbox"/> Personal Interest		<input type="checkbox"/> Business & Technology <input type="checkbox"/> Real Estate	<input type="checkbox"/> Families, Finances & Home <input type="checkbox"/> Traffic Safety & Licensing	<input type="checkbox"/> Health/EMS <input type="checkbox"/> Training Solutions <input type="checkbox"/> Industry & Trades

Course Number	Title	Start Date	Cost
A C S X - 4 3 0 6 - C S W A	Yoga @ Wilber HS	1/10/13	\$25.00
_____	_____	___/___/___	\$_____
_____	_____	___/___/___	\$_____
_____	_____	___/___/___	\$_____
_____	_____	___/___/___	\$_____
_____	_____	___/___/___	\$_____

How did you hear about the classes for which you are registering:

- Continuing Education Schedule SCC Web Site
 Newspaper Email
 Friend/Associate Brochure/Flyer
 Radio/TV Employer
 Digital Billboard Previous Class
 Other _____

SIGNATURE

Check (must be included) Cash (must be included)

V Code _____

Would you like a receipt mailed to you?
 Yes No

Name as it appears on card: _____

Exp. Date _____ Credit card # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

SCC Staff Tuition Waiver	()
TOTAL DUE	

FOR OFFICE USE ONLY

DE _____ ID# _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, or iso@southeast.edu.



SALINE COUNTY 2ND ANNUAL HEALTH FAIR

In March, Saline County will once again be offering FREE Health Screenings to all employees and their spouses. The individual health screenings are PRIVATE AND COMPLETELY CONFIDENTIAL and the results are NOT reported to the insurance.

Included in the Wellness Health Screening:

*Body Mass Index (BMI) *Height & Weight *Blood Pressure

*Comprehensive Metabolic Panel (Albumin, Alkaline Phosphatase, ALT, AST, Total Bilirubin, BUN, Calcium, Carbon Dioxide Chloride, Creatinine, Glucose, Potassium, Total Protein, Sodium)

*Lipid Panel (Cholesterol, Triglycerides, HDL, Calculated LDL)

*TSH (Thyroid Stimulating Hormone)

*PSA (Prostate Specific Antigen) - Available upon request for Men

Saline County's overall goal is to have happy, healthy, productive employees. Our intentions are to be proactive as opposed to reactive, and help facilitate early detection of any serious health issues or illnesses; aid in prevention of additional complications; and also reduce medical costs.

Myth: Saline County is offering these tests, but then our insurance will go up.

FALSE--Our insurance with Blue Cross/Blue Shield did not increase from the 2011-2012 year.

Neither individual nor aggregate results are reported to Blue Cross/Blue Shield.

Myth: Saline County is looking for a way to get rid of their unhealthy employees.

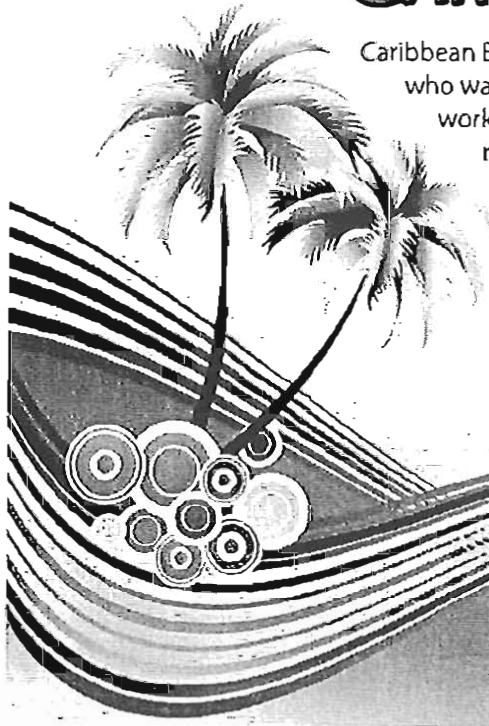
FALSE--Individual results are NOT reported to the county. That information is confidential and is sent to the individual and their doctor if they request it. The county receives aggregate reports ONLY.

The hospital performing the tests compiles the aggregate report. We receive aggregate results so that the wellness committee can assess the wellness needs of their employees.



Continuing Education

CARIBBEAN BOOT CAMP



Caribbean Boot Camp is a fast-paced workout program for individuals who want a more healthy and energetic lifestyle. Participants will work with personal trainer Hoss Coats to combine nutrition, motivation and a variety of exercises, including calisthenics, agility drills, running, and whole-body workouts in a high-energy environment. Get ready for summer with this intense workout program. Space is limited, and pre-registration is required.

Bring to class: a towel and water bottle and wear clothing and shoes appropriate for exercising indoors and outdoors.

Jan. 7-Feb. 4, 2013
Mon., Wed. & Fri.
6-7 p.m. • \$95

SCC Beatrice Campus, 4771 W. Scott Road

Don't forget these other great classes offered.
See the reverse side for more information.

- Yoga & Pilates •
- Gentle Yoga •
- Full Body Workout •
- Kickboxing •
- Absolutely Abs •
- Latin Dance Moves •

Find us on Facebook at
www.facebook.com/sccbeatricece



For more information, contact Kelly Morgan at
402-228-8244; 800-233-5027, ext. 1244; or kmorgan@southeast.edu.

REGISTRATION FORM - NON-CREDIT COURSE

Southeast Community College

Complete this form with payment information and send via
FAX or mail to: SCC Continuing Education Division
4771 W. Scott Road, Beatrice, NE 68310
FAX: 402-228-2218

Include credit card information or Letter of Authorization for third-party billing. The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to redisclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

2013 QUARTER

SUMMER	<input checked="" type="checkbox"/> WINTER
FALL	SPRING

Social Security Number	Name, Last	First	Middle Initial	Email Address
Residence Mailing Address	City	State	Zip	Country #
Birth Date	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Ethnicity (select one or more): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (select one or more): <input type="checkbox"/> White <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American
			<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska	Home Phone

Please Check: Caribbean Boot Camp • Jan. 7 • \$95 • BBBX-1544-BEWA Full Body Workout • March 11 • \$35 • BBBX-1561-BEVB Absolutely Abs • Jan. 8 • \$29 • BBBX-1543-BEVA
 Yoga & Pilates • Jan. 7 • \$49 • BBBX-1566-BEWA Kickboxing • Jan. 8 • \$35 • BBBX-1546-BEWA Absolutely Abs • Feb. 5 • \$29 • BBBX-1543-BEVB
 Gentle Yoga • Jan. 7 • \$29 • BBBX-1569-OCWA Kickboxing • Feb. 5 • \$35 • BBBX-1546-BEVB Absolutely Abs • March 5 • \$29 • BBBX-1543-BEVC
 Full Body Workout • Feb. 11 • \$35 • BBBX-1561-BEWA Kickboxing • March 5 • \$35 • BBBX-1546-BEVC Latin Dance Moves • Jan. 18 • \$35 • BBBX-1594-BEWA
 Latin Dance Moves • Feb. 22 • \$35 • BBBX-1594-BEVB

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ Credit card # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not e-mail this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver	()	FOR OFFICE USE ONLY
TOTAL DUE		ID# _____
		DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am responsible for the tuition and fees and subject to a grade in the course listed; 2) that should I drop a course or withdraw, my refund will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute "drop-withdraw"; 4) the personal information contained herein is correct as shown and, if any changes in SSS (aged name, address, residency, etc.) must follow the College procedures in the Student Handbook and College Catalog; 5) it is the policy of SCC to provide equal opportunity and nondiscrimination in all admissions, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Academic Affairs, SCC, Area Office, 301 S. 68th Street, Beatrice, NE 68310, 402-233-3412, FAX 402-233-3430, or proctor@scceast.edu

REGISTER TODAY!

Yoga & Pilates

This introductory-level mat work class provides instruction on the fundamentals and concepts of yoga and pilates. Enjoy a challenging, yet relaxing, workout composed of various poses to strengthen and tone your muscles while improving flexibility and balance. Restore balance to your body and mind while improving your health and reducing stress!

Wear loose clothing and bring a mat or thick towel to class. This class is appropriate for all fitness levels.

Dates: Jan. 7-March 18, 2013 (No class Jan. 21.)
Day: Mon. **Time:** 5:30-6:30 p.m.
Tuition: \$49 **Instructor:** Schroller
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Gentle Yoga

Enjoy a relaxing workout to restore balance to your body and mind while improving your health, decreasing common symptoms of your condition and reducing stress all at the same time! This class can benefit those with a variety of health conditions such as diabetes, heart disease, fibromyalgia, as well as cancer survivors. The poses are modified for your comfort level and can be performed in a chair, standing or in mat position.

Wear loose clothing. This class is appropriate for all fitness levels.

Dates: Jan. 7-March 18, 2013 (No class Jan. 21.)
Day: Mon. **Time:** 4:30-5 p.m.
Tuition: \$29 **Instructor:** Schroller
Location: Flowing Springs, 2211 Sunset Drive

Full Body Workout with Hoss

Get a great workout and have fun at the same time. Join this lively class where you will certainly not get bored. Each session will be a new and exciting adventure as you canvas the SCC campus. This is a full-body workout with some aerobic activity.

Class will be held both indoors and outdoors. Come dressed in comfortable workout attire and good running shoes.

Dates: Feb. 11-March 6, 2013
Day: Mon. & Wed. **Time:** 6:45-7:45 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: March 11-April 3, 2013
Day: Mon., Wed. **Time:** 6:45-7:45 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Find us on Facebook at

www.facebook.com/scbeatricece



Kickboxing

Are you looking for a total body workout that is rewarding and fun? Kickboxing is a high-impact class using boxing bags and body power to work to maximize your fitness potential.

Wear comfortable shoes and workout clothes.

Dates: Jan. 8-31, 2013
Day: Tues. & Thurs. **Time:** 6:30-7:30 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: Feb. 5-28, 2013
Day: Tues. & Thurs. **Time:** 6:30-7:30 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: March 5-28, 2013
Day: Tues. & Thurs. **Time:** 6:30-7:30 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Absolutely Abs

It's crunch time! This is a fast-paced focused workout that concentrates on absolutely one thing and that is abs. Join personal trainer, Hoss Coats, and learn how to crunch, tone and firm your abdomen for a healthy and happier you.

Bring to class: exercise mat, drinking water and a towel. Wear comfortable clothing for working out.

Dates: Jan. 8-31, 2013
Day: Tues. & Thurs. **Time:** 5:30-6:15 p.m.
Tuition: \$29 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: Feb. 5-28, 2013
Day: Tues. & Thurs. **Time:** 5:30-6:15 p.m.
Tuition: \$29 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: March 5-28, 2013
Day: Tues. & Thurs. **Time:** 5:30-6:15 p.m.
Tuition: \$29 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Latin Dance Moves

Learn to dance Salsa, Meringa, Cha Cha Cha, and Bachata. It is easy to learn and fun to do. Plus it is great exercise. Bring your two left feet and let Hoss teach you the moves you need to dance like a star.

Dates: Jan. 18-Feb. 8, 2013
Day: Fri. **Time:** 6-7 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: Feb. 22-March 15, 2013
Day: Fri. **Time:** 6-7 p.m.
Tuition: \$35 **Instructor:** Coats
Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

For questions, need additional information or to register, contact Kelly Morgan at 402-228-8244; 800-233-5027, ext. 1244; or kmprgan@southeast.edu.

REGISTER TODAY!

Blood Pressure Basics

Blood pressure is the force that a wave of blood propelled from the heart exerts on the arteries. It is measured at two points; each measurement is recorded in millimeters of mercury (mm Hg).

Systolic pressure gauges the pressure in the arteries at systole (SIS-tuh-lee), the instant when the heart contracts and pushes a wave of blood along the arterial tree (think "s" for squeeze). It is the top number of a blood pressure reading.

Diastolic pressure reflects the pressure during diastole (die-AS-tuh-lee), the brief period of relaxation between beats. It is the bottom number of a blood pressure reading.

Hypertension is the formal name for high blood pressure.

Blood pressure categories			
	Systolic		Diastolic
Normal (optimal)	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
Hypertension	140 or higher	or	90 or higher

Relax your way to lower blood pressure

The easiest way to lower blood pressure is by popping a pill. It takes just a few seconds and you are finished. But pills cost money and often have side effects. Fully relaxing your body and your mind for a few minutes a day could lower your systolic blood pressure (the top number of a blood pressure reading) by 10 points or more—at no cost, and with no side effects.

Researchers with the Benson-Henry Institute for Mind-Body Medicine at Harvard-affiliated Massachusetts General Hospital compared a stress management technique called the relaxation response with education about lifestyle changes such as sodium reduction, weight loss, and exercise. They found:

- Blood pressure decreased more in the relaxation response group
- 32% of the volunteers in that group were able to eliminate one blood pressure medication and still keep their blood pressure under control, compared with 14% of the lifestyle group.

The relaxation response, developed by Harvard's Dr. Herbert Benson, has been shown to reduce heart rate, blood pressure, breathing rate, and muscle tension. Here's how to do it:

- Select a word (such as "one" or "peace"), a short phrase, or a prayer to focus on.
- Sit quietly in a comfortable position and close your eyes.
- Relax your muscles, progressing from your feet to your calves, thighs, abdomen, and so on, up to your neck and face.
- Breathe slowly through your nose, silently saying your focus word, phrase, or prayer to yourself as you exhale.
- When other thoughts come to mind, don't worry. Simply return your attention to your focus word, phrase, or prayer.
- Do this for 10–20 minutes; Sit quietly for a minute or so, then open your eyes. Do this daily

Cholesterol

10 foods that lower cholesterol—and some that raise it

It's easy to eat your way to an alarmingly high cholesterol level. At the same time, changing what you eat can lower your cholesterol and improve the kinds of fats floating through your bloodstream.

Improving your cholesterol through diet requires a two-pronged strategy:

1. Add foods that lower LDL, the "bad" cholesterol.
2. Cut back on foods that boost LDL.

In with the good

Different foods lower cholesterol in various ways. Some deliver soluble fiber, which drags cholesterol out of the body before it gets into circulation. Some give you polyunsaturated fats, which directly lower LDL. And some contain plant sterols and stanols, which block the body from absorbing cholesterol.

Here are 10 types of foods that work in one or more of these ways to lower cholesterol:

1. Oats such as oatmeal or cold, oat-based cereal like Cheerios
2. Barley and other whole grains
3. Beans
4. Eggplant and okra
5. Nuts
6. Vegetable oils such as canola, sunflower, and safflower
7. Apples, grapes, strawberries, citrus fruits
8. Foods fortified with sterols and stanols, which include foods ranging from margarine and granola bars to orange juice and chocolate
9. Soy, such as tofu or soy milk
10. Fatty fish

Out with the bad

To improve your cholesterol, the main things to cut from your diet are saturated and trans fats.

Saturated fats. The saturated fats found in red meat, milk and other dairy foods, and coconut and palm oils directly boost LDL.

Trans fats. Trans fats boost LDL as much as saturated fats do. They also lower protective HDL cholesterol, rev up inflammation, and increase the tendency for blood clots to form inside blood vessels. The Institute of Medicine recommends getting no more than two grams of trans fats a day; less is even better. Look on the label of packaged foods such as cookies and crackers to make sure they don't have trans fats. Fried foods in restaurants can also contain them.

Also make sure that you keep your weight under control, and get regular exercise. Excess weight boosts LDL, while inactivity depresses HDL. Losing weight if needed and exercising more reverse these trends. Harvard Health Publications