

January 2014

**In This Issue:**

Working With Personal Trainers  
Antibiotics, Not Always the Answer  
Take Stock of Your Health  
Protect Yourself From the Flu  
Ham and Potato Soup



*Because We  
Care*

## Berry College Health and Wellness Center

*Healthy Ideas for a Healthy Workplace*

### *Working With a Personal Trainer*

You've made a resolution to work out regularly, but where do you start? A personal trainer can help you assess your goals and develop a plan to achieve them safely. And it might just give you the motivation you need to stay on track throughout the year.

It is important to choose the right trainer, so make sure it is someone you feel comfortable with and who has experience in the areas you want to focus on, especially if you are working through an injury or are under a doctor's care. Many organizations offer certifications for personal trainers, but the international Health, Racquet and Sportsclub Association recommends working with one certified through an organization accredited by the National Commission for Certifying Agencies (NCAA).

To get the most out of your sessions once you have chosen a trainer, create clear, achievable goals and revisit them often to make sure you are on track. Be honest about how you are feeling both mentally and physically throughout the process, so your trainer can adjust your program as needed. Know your exercise plan for the days you are working alone and keep yourself accountable. Remember that exercise is only part of a healthy lifestyle. Support your workout by eating well, drinking plenty of water, and getting a good night's sleep.



### **Antibiotics: Not Always the Answer**

If you or your child has had a cold, flu, or other virus this winter, you may have visited the doctor and expected a prescription for antibiotics. But, antibiotics do not help fight viruses. And taking antibiotics when you have a virus may do more harm than good. According to the Centers for Disease Control and Prevention (CDC), taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment. Over the past decade, overuse of antibiotics has caused many kinds of bacteria to become resistant, which means antibiotics that worked against them in the past, don't work anymore. It is important to take antibiotics only when it is necessary to fight a bacterial infection.

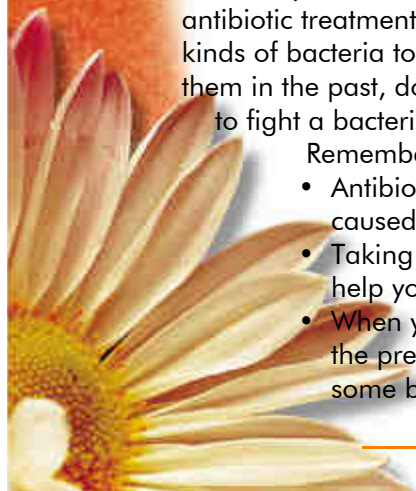


Remember:

- Antibiotics do not cure viral infections such as colds, flu, most coughs, sore throats not caused by strep, or runny noses.
- Taking antibiotics for viral infections will not keep others from catching the illness or help you feel better.
- When you are prescribed an antibiotic, take it exactly as the doctor tells you. Finish all the prescribed medicine, even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.

Believe you can and you're half way there.

-Theodore Roosevelt



## Taking Stock of Your Health



If you have resolved to get a better handle on your physical health this year, scheduling a physical with your doctor is a great place to start. A physical will give you a comprehensive view of your overall health, highlight your vulnerable areas, and help you identify ways to stay well. To get the most out of your time with your doctor, here are some things to do in advance of your appointment:

- Make a list of all your current medical complaints and all your medications. Writing everything down will help ensure that you don't forget anything, and it may also highlight interactions or relationships you and your doctor had not noticed before.
- Get your medical records in order. Having everything in front of you will help you avoid scheduling repeat procedures, and it will help your doctor see potential connections.
- Know your family history. Having a family history of certain diseases can put you at greater risk for those diseases. Your doctor may want to schedule certain screening tests based on family history.

Once you are sitting down with your doctor, be candid. Don't shy away from discussing problems, even if they are embarrassing. Chances are, whatever the problem is, you are not alone.

## PROTECT YOURSELF FROM THE FLU



Up to one in five Americans get the flu each year, and more than 200,000 end up in the hospital because of it. Influenza most often causes fever, body aches, tiredness, and a cough, and unlike a regular cold, it can last for weeks.

To protect yourself from the flu:

- Wash your hands often. Use soap and warm water or alcohol-based cleaners or wipes.
- Do not touch your eyes or nose. Keep your fingers out of your mouth.
- Get a flu vaccine.
- If you have symptoms of the flu, stay home for at least 24 hours. Try to stay away from other people for about a week.
- Be ready just in case you do get sick. Have the things you may need such as tissues at home so you don't have to go out.

In addition, treat yourself well, eat nutritious, nourishing foods and get regular exercise.

## Ham and Potato Soup



3 ½ cups peeled and diced potatoes

1/3 cup diced celery

1/3 cup chopped onion

1 cup diced cooked ham

3 ¼ cups water

2 tablespoons chicken bouillon granules

½ teaspoon salt, or to taste

½ teaspoon pepper, or to taste

5 tablespoons butter

5 tablespoons all-purpose flour

2 cups milk

Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10-15 minutes. Stir in the chicken bouillon, salt and pepper.

In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork and cook, stirring constantly until thick, about one minute. Stir milk in slowly so as not to allow lumps to form. Continue stirring over medium-low heat until thick, about four to five minutes.

Stir the milk mixture into the stockpot and cook soup until heated through. Serve immediately.

Servings: 8    Calories: 195    Fat: 10.5 g    Carbs: 19.5 g    Fiber: 1.9 g    Protein: 6.1 g

