

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

FHfitness for U Newsletter

Freed-Hardeman
University
Wellness Program

Volume 2, Issue 3, Fall 2007

Autumn in the FHfitness for U Program

We here at Freed-Hardeman University have begun a new school year and a new season. In the spirit of turning over a new leaf, we have also begun the next chapter in our Wellness Program.

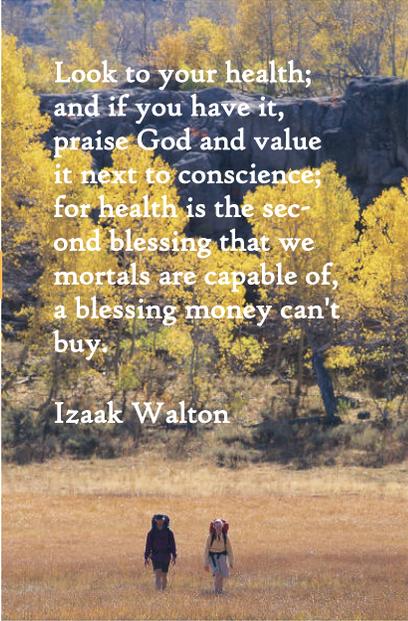
We are now enjoying the second year of FHfitness for U, and we are excited to have so many individuals involved. We want you to get excited and energized about participating in the program. We hope it will be beneficial and fun for us all.

Wellness Seminar, 10/16, 4pm Ayers Auditorium!

Spotlight on Diabetes

Interested in learning about diabetes? Take the [Diabetes Risk Test](#) to calculate your risk level for developing Type 2 diabetes. While you're there, you can also browse the rest of the American Diabetes Association for information about risk factors, as well as preventative measures like diet and exercise.

Also, take a look at the National Diabetes Education Program's website: [NDEP Homepage](#) for more resources and information.



Look to your health;
and if you have it,
praise God and value
it next to conscience;
for health is the sec-
ond blessing that we
mortals are capable of,
a blessing money can't
buy.

Izaak Walton

If you have questions or comments, feel free to email me. [Email Russell.](#)

Russell Epperson, Director of Human Resources

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Wellness Seminar Preview



We are ready to start our fall program off right with our first Wellness Seminar. The seminar will be October 16 at 4:00pm in Ayers Auditorium. Our speaker will be Tina McCall, APRN, B.C., a Family Nurse Practitioner, who will talk to us about diabetes.

Overcoming Exercise Obstacles

In preparation for our diabetes seminar, here are a few helpful hints from the American Diabetes Association regarding exercise and overcoming barriers:

Barrier: I don't have time to exercise for 30 minutes a day
Solution: Do as much as you can. Every step counts. If you're just starting out, start with 10 minutes a day and add more little by little. Work up to 10 minutes at a time, three times a day

Barrier: I'm too tired after work
Solution: Plan to do something active before work or during the day

Barrier: I don't have the right clothes
Solution: Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin

Barrier: I'm too shy to exercise in a group
Solution: Choose an activity you can do on your own, such as following along with an aerobics class on TV or going for a walk

Scripture Spot:

Psalm 100

1 Make a joyful shout to the LORD, all you lands!

2 Serve the LORD with gladness; Come before His presence with singing.

3 Know that the LORD, He is God; It is He who has made us, and not we ourselves; we are His people and the sheep of His pasture.

4 Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.

5 For the LORD is good; His mercy is everlasting, and His truth endures to all generations.

If you have questions or comments, feel free to email me. [Email Russell.](#)

Russell Epperson, HR Director
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