



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

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8 Summer Steps for Healthy Living

by
Kathleen Doheny

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laidback you'll barely notice the effort.

To get you started, the folks at *WebMD* went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries - blackberries, blueberries, or strawberries – every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty – and Stress Less



To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots – indoors or out.

Just putting your hands in soil is “grounding.” And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV – and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity – going on a hike, taking a nature walk, playing games such as tag with your

kids, cycling, roller blading, or swimming – to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together – it's also a great way to create bonding time.

5. Be Good to Your Eyes



To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

6. Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation – defined as one to two drinks daily – alcohol can protect against heart disease.

8. Sleep Well



Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're – shhhh – good for you.

Article retrieved from: *WebMD* web site at <http://women.webmd.com/features/8-summer-steps-for-healthy-living>. Kathleen Doheny is a feature writer for *WebMD*. Article reviewed by Louise Chang, M.D., for *WebMD.com*.



**Manor to present
“Success Without Stress –
You have got to be
kidding!”**

Stress comes with life. In fact we create tremendous stress in our lives because that is how we have learned to run our lives. What if you could actually create an easy, fast, and workable way to automatically incorporate stress reduction into your busy schedule right this minute. You can and you will with this informative and FUN workshop with **Natalie Manor** (pictured above). You will receive practical and hilarious ways to reduce your stress now! A successful coach, consultant, speaker, and author of five books, **Natalie Manor, C.E.O.**, of Natalie Manor and Associates, coaches business leaders, owners, managers and individuals on how to create business excellence and peak performance. Also, Manor will have her *Give Stress A Rest* book available at the seminar.

“Success Without Stress – You have got to be kidding!” is scheduled for Tuesday, June 28, 2011. Location is the East Tennessee Room, D.P. Culp University Center, at noon. This timely seminar, with guest speaker Natalie Manor, incorporates methods for staying well and the practice of stress-free behaviors that you can use immediately in your very, very busy lives. Her impactful seminar content will demonstrate for you ways of easily developing your life skills that promote wellness, eliminate stressors, and create success in both your personal and professional life.

This seminar will run for one hour and fifteen minutes. For more information on the **Manor Women’s Professional Enrichment Seminar**, contact the Women’s Resource Center at 423-439-5772.



Women’s Health Series

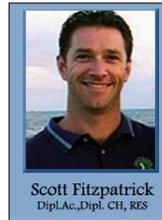
What happens when you don’t **water** a plant enough? It starts to wither up and leaves start to drop like it’s **begging for water**. What happens to **your body** when you don’t drink enough **water**? Long considered a healthy habit to improve your life, the body needs water to keep properly hydrated and individuals vary widely in how much water they need. Joints need it to stay in motion, and vital organs such as the heart, brain, kidney, and liver need it to work properly.

If you don't get enough water, the body goes into emergency mode, and clings to every single water molecule it can find, reports the University of Minnesota Water Resources Center. The stored molecules appear as extra weight. The weight is only released once the body gets enough water.

Should you want to learn more about your respective water intake – is it enough or not enough – then join us for a re-scheduled lunch break seminar with **Michael Minge, II, D.C.**, in July 2011.

On Tuesday, July 26, 2011, **Michael Minge, II, D.C.**, of Wellness Way Chiropractic located in Blountville, Tenn., is guest speaker for **“Is Your Body Begging for**

Water?” Location is the East Tennessee Room, D.P. Culp University Center, at noon. Minge’s *Women’s Health Lunch Break Seminar* focuses on adequate water intake levels, the many benefits associated with drinking water, and insight on using bottled water or municipal tap water.



Scott Fitzpatrick
Dipl.Ac., Dipl. CH, RES

On Tuesday, August 9, 2011, **Scott Fitzpatrick, Dipl. O.M., R.E.S.**, owner and acupuncturist of East Tennessee Acupuncture Clinic, is guest speaker for **“Acupuncture: Does It Really Work?”** Location is the East Tennessee Room, D.P. Culp University Center, at noon.

In the past 2,000 years, more people have been successfully treated with acupuncture than with all other health modalities combined. As most of us know, acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. Fitzpatrick will discuss how acupuncture treatments work in tandem with other techniques such as conventional Western medicine, osteopathic or chiropractic adjustments, and homeopathic or naturopathic prescriptions.

A graduate of the esteemed American College of Acupuncture and Oriental Medicine located in Houston, Tex., Fitzpatrick completed 1800 classroom hours and 900 clinical hours. He also attended Baylor College of Medicine’s Sports Institute and earned national certification as a rehabilitative exercise specialist. Fitzpatrick is board certified by the NCCAOM and is credentialed to practice at Holston Valley Hospital.

For more information on the **Minge or Fitzpatrick Women’s Health Series** seminars listed, contact the Women’s Resource Center at 423-439-5772.

Some article contents adapted from the *WebMD* web site at <http://www.webmd.com/>, *East Tennessee Acupuncture Clinic* web site at <http://www.easttnacupuncture.com/about.htm>., and the *American Academy of Medical Acupuncture* web site at <http://www.medicalacupuncture.org/index.html>.



**Murray returns for
Summer 2011 series**

Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach, during August 2011 for **“BE the Full Expression of your True Self: Unite your inner and outer worlds.”** This two-part series is scheduled for August 4 and 11, 2011. Start time for the series is noon and location is the Campus Center Building, Room 208.

Take a good look at the way you are expressing yourself in the world. Is it true to who you really are? We have to be on the outside who we are on the inside or we tend to suffer, struggle, and be unhappy. With unity of our inner and outer worlds we thrive. In this two-session workshop, you will be taken through a creative process to identify your own inner core essence, the foundation from which you build all others things in your life. Collage will be used to visually see and understand your inner self, where you are now (with permission to make mistakes!), and how you express yourself in your outer world, with the intent to become the full-embodyed expression of the valuable person you are!

Reservations are required. To reserve a space for **Murray’s Women’s Personal Enrichment Series**, contact the Women’s Resource Center at 423-439-5772.

ETSU Women's Resource Center
Program Schedule

For more information on the events listed contact the **WRC** at 423-439-5772.

JUNE – AUGUST 2011
Main Campus Programs

Wednesday, June 15

Book Review Group. Participants will meet to discuss *Water for Elephants* by Sara Gruen. New readers welcome.

LOCATION & TIME: Women's Resource Center, Campus Center Building, room 220, noon.

Tuesday, June 28

"Success Without Stress – You have got to be kidding!" – A Women's Professional Enrichment Lunch Break Seminar. Guest speaker **Natalie Manor, C.E.O.**, of Natalie Manor and Associates, presents this timely seminar that incorporates methods for staying well and the practice of stress-free behaviors that you can use immediately in your very, very busy lives. See article page 2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, July 20

Book Review Group. Participants will meet to discuss *Private Life* by Jane Smiley. New readers welcome.

LOCATION & TIME: Women's Resource Center, Campus Center Building, room 220, noon.

Tuesday, July 26

"Is Your Body Begging for Water?" – A Women's Health Lunch Break Seminar. **Michael Minge, II, D.C.**, of Wellness Way Chiropractic located in Blountville, Tenn., is guest speaker. Minge's seminar focuses on adequate water intake levels, the many benefits associated with drinking water, and insight on using bottled water or municipal tap water. See article page 2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Thursday, August 4

Thursday, August 11

"BE the Full Expression of your True Self: Unite your inner and outer worlds" – A Women's Personal Enrichment Lunch Break Series. **Pam Murray, B.A., M.B.A.**, local artist and creative coach, returns during summer 2011. In this two-session workshop, you will be taken through a creative process to identify your own inner core essence, the foundation from which you build all others things in your life. **Reservations are required.** See article page 2.

LOCATION & TIME: Campus Center Building, room 208, noon.

Tuesday, August 9

"Acupuncture: Does It Really Work?" – A Women's Health Lunch Break Seminar. **Scott Fitzpatrick, Dipl. O.M., R.E.S.**, owner and acupuncturist of East Tennessee Acupuncture Clinic, is guest speaker. Fitzpatrick's seminar focuses on how acupuncture treatments work in tandem with other techniques such as conventional Western medicine, osteopathic or chiropractic adjustments, and homeopathic or naturopathic prescriptions. See article page 2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, August 17

Book Review Group. Participants will meet to discuss *The Dry Grass of August* by Anna Jean Mayhew. New readers welcome.

LOCATION & TIME: Women's Resource Center, Campus Center Building, room 220, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE CAMPUS & COMMUNITY NEWS

Saluting the Women of ETSU



Kinser receives 2011 YWCA 'Tribute to Women' award

On April 28, 2011, the YWCA of Bristol honored a dozen local women from Northeast Tennessee and Southwest Virginia for their successes in the arts, education, business, and volunteer work at the 20th anniversary of the *Tribute to Women Celebration*. **Dr. Amber Kinser**, chair of the Department of Communication in the College of Arts and Sciences, was one of the twelve honorees. She was honored for her service, leadership, and dedication in the higher education arena.

Tribute to Women was born in 1992 from the YWCA's dedication to empower women to reach their full potential. This exciting program provides corporations, organizations, and businesses the opportunity to publicly recognize the outstanding achievements of exceptional women in the East Tennessee-Southwest Virginia region. Congratulations, Dr. Kinser!



HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Monday, July 4, and Monday, September 5, 2011.

FALL SEMESTER 2011

Classes begin Saturday, August 27, 2011.



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