



Letter From the Director



It's that time of year again at Stony Brook University, the start of a new school year; a time when faculty, staff and students come together with the common goal of personal, professional and academic excellence.

This fall we're excited to offer the grant-funded Campus Wellness Challenge, an eight-week engagement and incentive campaign available to all SBU students, faculty & staff. The program is designed to change the way our Stony Brook community thinks about lifestyle choices and to embed healthy habits that will last *Far Beyond* the program's conclusion. The Campus Wellness Challenge is limited to the first 1,000 participants and all those who successfully complete the challenge will earn a free Fitbit! Form a team, or compete as an individual, but don't delay...program begins Monday, 9/25. For more information and to sign up, please visit the program [homepage](#).

In this issue we interview wellness advocate and senior leader Marisa Bisiani, Assistant Vice President for Student Health, Counseling and Outreach Services. Colleen's Corner discusses the idea of befriending your inner child to have fun and ease stress, as well as a few financial wellbeing opportunities. The Environmental Health & Safety team offers office ergonomics tips and the Stony Brook Medicine Nutrition team talks about portion control.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at bryan.weiss@stonybrook.edu. Thank you for reading our newsletter and look for our next issue in the coming months.

Remember, fall doesn't *officially* start until Friday, September 22...so go out and continue to enjoy all the summertime fun that Long Island has to offer!

Cheers to a productive and memorable 2017-18 academic year,

Bryan Weiss

Leading the Charge

Marisa Bisiani

Assistant Vice President of Student Health, Counseling and Outreach Services

Q: What is your idea of a near-perfect day?

A: A perfect summer day is not too hot, but rather low 80's. On this perfect day, I will have time to garden and read my Kindle on my lounge chair by my pool. My children would be home with me and we would enjoy a nice dinner barbecue. Afterwards take a brisk walk together with our dog.

Q: How do you fit physical activity into your busy schedule?



A: There are multiple ways I find the time to fit physical activity into my life. I find time to exercise early in the morning before my children awaken. Rather than build time in for driving to and from a gym, I have a pretty neat gym in my home. I have a treadmill, Bow Flex, and stair climber. I am looking forward to soon purchasing a Bow Flex Treadclimber which will combine the equipment and create more room in the area. Many will see my emails as early as 5am, which is when I check the server and start my day. I do not employ a house cleaner as some other working moms do, so I add that activity as well. It is not uncommon to see me doing my own landscaping as well...my neighbors know it is rare to find me sitting down!

Q: When hosting a summertime BBQ for friends and family, what's on the menu?

A: The menu is a variety. I always include one of my favorites, like a fresh mozzarella plum tomato salad, lightly chilled. I will offer a choice of protein, which is a combination of marinated shrimp skewers and chicken kabobs; I will offer a gluten-free entree as well. I enjoy looking on Pinterest for new recipe ideas and I generally try one to two new recipes a month.

Q: How do you unwind after a busy work day?

A: I unwind by taking my English bulldog for a walk. I will often see neighbors and chat about life activities which takes my mind off work. Additionally, I make time to have dinner (or a snack) with my children each day. This is challenging with their after school activities and sport schedules, but we do manage to eat together at least 4 days out of the week. The dinner table is the time we unwind, share, and work through the day's obstacles together.

Q: What is an interesting fact about you that many people may not know?

A: A few things. I prefer to ride a tricycle over a bicycle; The first thing I do after work once I return home is take off my suit and change my clothes; I am a first generation college student.



Colleen's Corner

EAP for a Happier U

By Colleen Stanley, MFT, CEAP
Lead Coordinator
Stony Brook University Employee Assistance Program

Befriending Your Inner Child

Remember when play time was part of your everyday? Spending time lost in the imagination, or fully in the body. Your attention only in the here and now rather than multi-tasking. How long has it been since you

gave yourself the gift of play?

We can lose sight of the importance of play as we attend to the responsibilities of adulthood, but play is good for us. Play leads to creativity and innovative thinking and can even help us be more productive.

I have been a list maker who driven to get it done, derived satisfaction in crossing it off. As part of my commitment to better self-care, I put play on my to-do list. This was a change from my results oriented lists comprised of work goals, and life maintenance. Who has time to play? We all do when we make it a priority. Fun is the enemy of stress!

I play more now, and guess what - I'm happier.

SB EAP Supports a Financially Healthier U

The EAP is now offering individual debt counseling. Beginning this month, a representative from the non-profit organization Debt Counseling Corp. will be onsite in the EAP office once a month. To schedule an appointment, call the EAP office at 631-632-6085.

The Office of the New York State Comptroller reports \$572,987,849 in LONG ISLAND Unclaimed Funds

Could some of this money belong to you? You can search via the Office of the New York State Comptroller's website at: <http://www.osc.state.ny.us/ouf/index.htm>

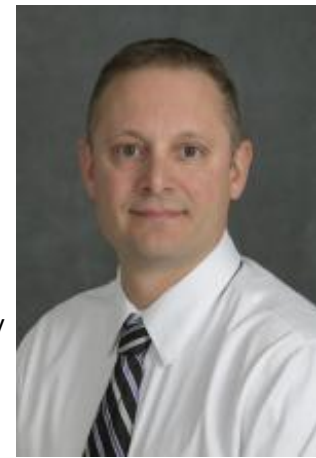
Need assistance? Make an appointment with the EAP office and we can help with your search. Finding some extra cash could be easier than you think.

For additional financial assistance resources visit the EAP website:

<http://www.stonybrook.edu/commcms/eap/resources/iwanthelpwith/financialassistance.html>

Office Ergonomics Tips

By Clifford Knee
Safety Training and Environmental Compliance Manager



Ergonomics can be defined as "the applied science concerned with the designing and arranging of things people use in order to improve efficiency and safety." As one can see, this is a broad topic and every part of the body is affected by the ergonomic design of the workplace.

Follow these 10 office ergonomics tips to help you avoid fatigue:

1. Make sure that the weight of your arms is supported at all times. If your arms are not supported, the muscles of your neck and shoulders will be crying by the end of the day.
2. Watch your head position, and try to keep the weight of your head directly above its base of support (neck). Don't "crane" your head and neck forward.
3. Don't be a slouch! Slouching puts more pressure on the discs and vertebrae of your back. Use the lumbar support of your chair and avoid sitting in a way that places body weight more on one than on the other. Move your chair as close to your work as possible to avoid leaning and reaching. Make sure to "scoot" your chair in every time you sit down.
4. The monitor should be placed directly in front of you, with the top no higher than eye level. The keyboard should be directly in front of the monitor so you don't have to frequently turn your head and neck.
5. Talking on the phone with the phone receiver jammed between the neck and ear is really bad practice. You know that's true, so don't do it!
6. The keyboard and the mouse should be close enough to prevent excessive reaching which strains the shoulders and arms.
7. Avoid eye strain by making sure that your monitor is not too close, it should be at least an arm's length away.
8. Take steps to control screen glare, and make sure that the monitor is not placed in front of a window or a bright background.
9. You can rest your eyes periodically for several seconds by looking at objects at a distance to give your eyes a break.
10. The feet should not be dangling when you are seated. If your feet don't comfortably reach the floor or there is pressure on the backs of your legs, use a footrest or lower the keyboard and chair.

(Ref: Ergonomics Plus)

If you would like an Ergonomic Workstation Assessment, please call EH&S at 632-6410 and ask for Dale Clarkson.

Core Nutrition

Knowing Portion Sizes Like the Palm of Your Hand!

By Andrew Joskow
Dietetic Intern, Department of Family, Population and Preventive Medicine, Stony Brook Medicine

Diners Beware: Food portions are not what they once were. Did you know restaurants are providing larger portions, even if we didn't ask for it just to be "super-sized"! This is known as portion distortion. *No wonder the obesity epidemic continues to rise.* We are having trouble visualizing the correct portions of food we should be actually eating. It is even more important to measure our foods to ensure we stay on track when making our plates.

Unfortunately, we don't always have measuring cups or a scale when we eat...but we do have our hands! See below how you can use your hands as a guide:

- *A Helping Hand*
 - 1 fist = 1 cup
 - Fruit, whole grains (rice, pasta & potatoes)
 - 1 palm = 3 ounces
 - Meat, poultry & fish
 - 1 cupped hand = 1/2 cup

- Nuts
 - 2 handfuls = 2 cups
 - Vegetables
- *The Rule of Thumb*
 - 1 thumbnail = 1 teaspoon
 - Butter, mayonnaise, margarine & oil
 - 1 thumb = 1-2 tablespoons
 - Peanut butter, salad dressing, sour cream & cream cheese

The Handy Dinner Portion

1 palm of protein, 2 handfuls of veggies & 1 fist of carbs

These portions may seem limited if you are used to eating more, so when in doubt, go back for a second helping of vegetables! Not only are veggies a good source of vitamins and fiber (which will keep you full longer), but they are also low in calories. So think of vegetables as your fast food and fill at least half of your plate with them. Once your plate is half full, you still have the other half for your palm of meat and your fist of carbs.

Another helpful tip when trying to eat less is to slow down and enjoy your food and your company. When eating too quickly the stomach has a delay in telling the brain it is full, so there is a tendency to overeat. Enjoy the taste of food and savor each bite, and before grabbing a second helping of veggies, stop and talk to your loved ones around the table and communicate how much their company is appreciated.

Still wanting more? Try using a smaller plate to trick your eyes into thinking there is more on the plate!

Upcoming Programs & Events

Target Fitness: Professional Nutrition Therapy Program

Are you ready to lose weight permanently? This 10-week nutrition education, wellness, and lifestyle program led by Registered Dietitians will help you reach your target weight! The team of nutrition experts provides participants with:

- Sustainable, customized nutrition program you can follow for life
- Body composition analysis (measure of body fat and muscle)
- Intensive education on research-based strategies for permanent weight loss
- Personalized short and long-term weight goals
- An introduction to stress reduction, mindful eating, and behavioral change techniques
- Training on innovative tools that will change your relationship with food
- Guidelines on reading food labels and a supermarket tour!

Target Fitness starts on 9/21 and will run every Thursday until 11/30 (no session on 11/23) in the Student Activities Center, Room 304 on West/Main Campus from 12:30 - 1:30pm. Cost is \$190/person for the 10-week series.

Target Fitness: Cardiometabolic Series

Want to better manage your heart disease? Are you at risk for heart disease due to pre-diabetes, diabetes, family history, high blood pressure or high cholesterol and want to learn about integrative nutrition therapy for improved heart health? If so, join the Target Fitness: Cardiometabolic Series today! This 4-week group program led by Registered Dietitians and nutrition experts will provide participants with:

- Personalized nutrition plans to improve cardiovascular and metabolic health
- Key nutrition strategies to help lower cholesterol, improve blood sugar, meet weight goals, and manage blood pressure
- Weekly recipes featuring therapeutic foods
- Grocery shopping list and suggested pantry items list
- Research-based educational discussions to explain how nutrition and lifestyle interventions decrease risk for heart disease, as well as facilitate optimal management

Target Fitness: Cardiometabolic Series will take place each Wednesday from 9/13 - 10/4 from 5:45 - 6:45pm at the Family Practice Center, 181 Belle Mead Rd., East Setauket. The cost is \$80/person for the 4-week series.

Stony Brook Heights Rooftop Farm: Benefit & Farm-Side

Cooking Class

Join Chef Patrick Moran, MS, RD for an evening of raffles, crushed dive taste testing, nutrition hot topics Q&As, and more! Enjoy a delicious meal of pan-seared crispy salmon, sautéed fresh vegetables and quinoa salad farm-side with all proceeds benefiting the Stony Brook Heights Rooftop Farm!

More details include:

- Date: Thursday, September 14
- Time: 4:30 - 7:30pm
- Location: Health Sciences Center, Level 3 (Outside Deck)
- Cost: \$50/person (cooking class); \$20/person (observe and taste test)

See the attached flyer for more information or contact sharon.schmidt@stonybrookmedicine.edu.

All program are offered by SBUH Clinical Nutrition Department and Department of Family, Population & Preventative Medicine Nutrition Division and sponsored by Healthier U.

For more information on any of the above programs, and/or to register, please call Health Connect at 631-444-4000. Space is extremely limited; don't delay, sign up today!



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