March is Colon Cancer Awareness Month

Did you know that colon cancer is the second leading cause of cancer death in the U.S. when men and women are combined? It is a cause of considerable suffering among nearly 135,000 adults diagnosed with colorectal cancer each year. About 1 in 3 adults between 50 and 75 years old, about 23 million people, are not getting tested as recommended. When adults get screened for colorectal cancer, it can be detected early at a stage when treatment is most likely to be successful, and in some cases, it can be prevented through the detection and removal of precancerous polyps. Most health insurance plans cover this potentially lifesaving screening. Use the health benefits you’re paying for the get screened for colon cancer.

There are several recommended screening test options, including: colonoscopy, stool tests (fecal occult blood test [FOBT] or fecal immunochemical test [FIT]) and sigmoidoscopy. The best test is the one that gets done, so talk to your primary care provider today! To learn more you can visit cancer.org/colon or call 1-800-227-2345.

How often do you listen to music?

Last month, Working Well began the Stress Busters series with coloring, and this month, the topic is music. Music and sound therapy is an emerging field that has shown success in treating depression, anxiety, and even Alzheimer’s disease. However, anyone can experience the benefits of music! This month, reap the benefits of music by listening to the soothing sounds on our website or listening to a calming playlist when you find yourself stressed. You can also use your Working Well wellness incentive points toward Emens concert tickets and spend a night listening to live melodies. In his book Managing Stress, Seaward (2015) notes that focusing on soothing music can not only relax you and help you unwind after a stressful day, but it can improve your mood, boost creativity, and even reduce pain. That’s something to sing about!

What is Prediabetes?

Prediabetes is when an individual has high blood glucose, but not high enough to be diagnosed as type 2 diabetes.

It is estimated that 1 in 3 Americans are at risk for developing type 2 diabetes; however, there are things you can do to reduce your risk and likelihood of developing type 2 diabetes.

Losing weight, even a few pounds, can make a difference. Becoming more active can also help reduce your risk. Lastly, cutting out sugar, especially added sugars, can reduce your risk of developing type 2 diabetes.

Diabetes Alert Day

Did you know that 9 out of 10 Americans who are most at risk for diabetes don’t even know it? Working Well is participating in American Diabetes Association Alert Day®. On March 27, you are encouraged to take a simple (and anonymous) one-minute test at diabetes.org/risk test to find out if you are at risk for developing type 2 diabetes. Commit to knowing your risk for type 2 diabetes and taking action if necessary.
National Nutrition Month

Each year during March, we celebrate National Nutrition Month® by focusing on the importance of making informed food choices and developing sound eating and physical activity habits.

**Ask-an-Rd**

**Q: Is red meat okay? How often can I eat it?**

**A:** Red meat refers to beef, pork, and lamb and includes foods like hamburgers, steak, pork chops, roast lamb, ground beef, and pulled pork. Various expert groups recommend limiting red meat in order to reduce risk of heart disease and lower cholesterol. To reduce the risk of cancer, the American Institute for Cancer Research advises to eat no more than 18 ounces (cooked weight) of red meats per week. This would be about 4 servings per week. If you eat meat, keep these tips in mind,

1. choose leaner cuts of meat and trim any visible fat,
2. avoid charred meats and those with grill marks,
3. think of meat as a flavor enhancer rather than the main focus of the meal, and
4. expand your proteins to include beans, lentils, soy, eggs, fish, and nuts.

Submit your nutrition questions to askanrd@bsu.edu!

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Join Us for Meditation

Ball State’s Meditation Partnership is interested in expanding its programs beyond the Museum of Art this Spring semester, 2018. We will be offering pilot experiences for students, staff, and faculty at the Orchid Garden and the Planetarium!

Programs will generally run 30 minutes.

- **Thursday, 03/15, 12:00 pm** Dr. Joe and Alice Rinard Orchid Greenhouse
- **Tuesday, 03/20, 10:00 am** Charles W. Brown Planetarium (Spring Equinox)
- **Monday, 04/16, 12:00 pm** Dr. Joe and Alice Rinard Orchid Greenhouse (National Orchid Day)
- **Wednesday, 04/18, 6:30 pm** Charles W. Brown Planetarium

No prior meditation experience is required! Meditation sessions are free and open to the public, but do be sure to check out parking restrictions on campus to avoid the meditation-negating experience of a parking ticket. This program is brought to you by Ball State’s Meditation Partnership, which is a collaboration between Working Well, Counseling Center, Office of Health, Alcohol, and Drug Education, Museum of Art, Orchid Garden, and the Planetarium working toward improving well-being on campus through meditation. Consider joining us at one of the pilot locations or our regular meditations at the Museum of Art on Fridays at 3:30pm!
What’s Happening This Month?

Health Check @ The Retreat
Date: Wednesday, March 14 @ 11:30—1 p.m.
Where: The Retreat at Noyer
What: Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!

Dining with the Dietitian
Date: Thursday, March 15 @ 10:30 - 11:00 a.m.
Where: Woodworth Dining
What: Looking for ways to make healthy meal choices? Not sure how to navigate Ball State Dining as an employee? Join the Working Well team and Dining’s wellness nutritionist on a tour of Woodworth Commons, a market-style food court. We’ll highlight menu choices that support your healthy eating goals, like Spinning Salads and custom stir-fry. You’ll learn how to make healthy food swaps, how to use NetNutrition to view online menus and nutrition information and more.

Biometric Screening
Date: Tuesday, March 20 @ 7:30 - 9:00 a.m.
Where: Working Well Office, Health Center Room 004
What: Schedule your free biometric screening. Includes cholesterol, triglycerides, blood sugar, blood pressure, height and weight. Results are available same day.

Chair Massage
Date: Wednesday, March 21 @ 11 a.m. - 2 p.m.
Where: Working Well Office, Health Center Room 004
What: Massage therapist will be onsite for seated chair massages. Cost is $1/minute with 10 minute minimum. Schedule your mid-day stress relief or give the gift to someone else! Contact Working Well (285-9355) to sign up.

Lunch and Learn: Know Thyself: How Strengths Assessments Can Improve Your Health
Date: Thursday, March 22 @ 12:30 - 1:00 p.m.
Where: Bracken Library, Room 215
What: What are your strengths? How do others see you? What talents do you have to offer? Personality tests are more popular than ever, but which one should you take? Come learn more about StrengthsFinder 2.0, VIA Inventory, Fascinate, and other assessments and see how a simple test can improve your wellbeing!

Lunch and Learn: The Plant-Based Lifestyle Vegetarian and Vegans
Date: Wednesday, March 28 @ 12:00 - 12:30 p.m.
Where: Bracken Library 104
What: The switch to vegetarian and vegan diets is on the rise. What is responsible for this switch? According to the Academy of Nutrition and Dietetics, people choose this lifestyle for environmental concerns, religious beliefs, ethical reasons, and the many potential health benefits of a vegetarian or vegan diet. Learn more about this lifestyle at our Lunch n’ Learn March 28th from 12-12:30 pm in Bracken Library, Room 104.
East Central Indiana Heart Walk

Saturday April 21st is the East Central Indiana Heart Walk that will be held at Morrows Meadow Park in Yorktown, IN.

Ball State Adult Physical Fitness Program and College of Health are sponsors of this event.

We are looking for individuals who would like to form a team or join a team to help support the cause, which is to educate our community about heart and strokes.

Ball State has the goal of raising $10,000 for this event. The great thing is that fundraising dollars have come back to individuals here at Ball State just a few years ago when Lenny Kaminsky was awarded a grant through the American Heart Association to conduct research with the cardiac rehab patients at the hospital. I just got off a call with Diane, the Regional VP who stated there is new and exciting opportunities and collaborations with IU Health Ball Memorial Hospital and the American Heart Association so she is thrilled to share this information with us.

We are planning another team captain for Monday, March 12th at 12:30PM in the Fisher Institute which is on the 3rd floor of the Health and Physical Activities Building. Please join us to meet the Regional Vice President and the newly hired Heart Walk director who will be in charge of our walk coming up in April.

Please contact Nicole Koontz or Carley Shannon regarding more information on this event.

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<th>Ball State University Working Well Fitbit Community Group—February</th>
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<td>Tonya P.</td>
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Contact Us

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<th>Working Well Program</th>
<th>Health Coaching</th>
<th>Nutrition Counseling</th>
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<tr>
<td>Amelia T. Wood Health Center 004</td>
<td>Jenni Flanagan</td>
<td>765-285-2045</td>
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<td>765-285-9355 Fax: 765-285-8136</td>
<td>765-285-3023</td>
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Working Well Fitbit Leaderboard

Do you have a Fitbit?