

# HEALTH & WELLNESS

## VANDERBILT FACULTY & STAFF

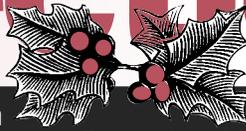
The Occupational Health Clinic  
The Vanderbilt Child and Family Center

Health Plus  
Work/Life Connections-EAP

# Connection

Best wishes for a safe and healthy holiday season from  
Vanderbilt Faculty/Staff Health and Wellness.

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### Health Plus has fitness options for everyone!

Health Plus offers a variety of fitness options to suit all levels and interests, including a 17,000 square foot fitness facility equipped with cardiovascular machines, strength training equipment, and group fitness classes as well as online workouts and incentive programs. All of these programs are available to full- and part-time regular faculty and staff at no cost.



**State-of-the-art fitness facility atop Kensington Garage:** The fitness facility is equipped with cardiovascular equipment, weight equipment, two group fitness studios, shower facilities, assistance from fitness professionals, a Wii Fit machine that allows you to work on balance, cardio, strength, and flexibility with your very own virtual fitness trainer, and much more.

Fitness evaluations are available by our Health Plus Fitness Associates if you wish to receive an exercise program based on your personal goals and needs. The evaluation includes measurements of cardiovascular fitness, flexibility, muscular endurance and muscular strength, as well as measurements of blood pressure, resting pulse, height and weight, calculated Body Mass Index (BMI), and body composition analysis.

**Group Fitness Classes:** Health Plus offers a variety of group fitness classes for all fitness levels and interests at our Kensington Garage location and at satellite locations. Cardiovascular, strengthening, and mind-body classes are available at various times throughout the day. You will find step, aqua, kickboxing, Nia, upper and lower body strength, functional fitness, yoga, pilates, Zumba, cycling, and more on our schedule. Find descriptions of the classes and times on the group fitness schedule on our Website or come by and pick one up at our Kensington Garage location.

**Online Workouts:** Choose from a variety of online workouts that are great ways to boost physical activity. Do them in your office, at your desk, at home, or when traveling.

**The Start! Physical Activity Program:** Log your physical activity in the Start! Online Tracker and earn prizes for meeting each quarterly challenge goal. You can log any physical activity you like to do, such as dog walking, stair climbing, biking, dancing, or gardening. Everything is converted to steps in the tracker.



There are also a variety of marked campus walking trails and nine walking maps for planning walks of varying time or length. The Start! Program has numerous special events

throughout the year that encourage physical activity, such as the annual Senior Leader Walk, National Start! Walking Day, and Walking Wednesdays.

More details on these physical activity resources and others can be found on the Health Plus Website at <http://healthplus.vanderbilt.edu> or by calling 343-8943.

## Mark Your Calendar

**December 15** Babies and You  
Presentation: Postpartum Care

**December 7** Boomers, Elders and More  
Presentation: Warning Signs Mom and Dad May Need Assistance

**January 1** Start 2012 Challenge 1  
Begins

**January 9** Hold the Stuffing Final  
Weigh-ins Begin



Meg Rush, MD

Chair of the Department of Pediatrics for the Monroe Carell Jr. Children's Hospital at Vanderbilt with daughters Libby (left) and Katie (right)

## Leading by example

Vanderbilt Leaders Making  
Wellness a Priority

**What is one of your favorite childhood holiday memories?**

My father loved to cut down our tree. The most memorable outings included snow, wet boots, long hikes, and trucks with poor heat. At the end of these few adventures we enjoyed home-made hot chocolate.

**Tell me a special Rush family tradition that makes you smile.**

A favorite tradition on Thanksgiving weekend is to put on Tchaikovsky's *Nutcracker Suite*, pull out our boxes of nut-crackers, and place them around the house. Each person has a set of favorites to unbox and position for the month of December. We've been doing this since the girls were very little — it is the start of our holiday time.

**What physical activity routine helps you keep holiday weight gain in check?**

I make an effort to go to an extra yoga class or do an extra 20 minutes at home. I also take some long walks in the crisp air!

(Continued on page 3)

# vanderbilt news

## Half marathon training program begins January 14



*Together, Kim Amsilli and her mother are fundraisers for Gilda's Gang each year.*

Make your dream to run or walk the Country Music

Half Marathon on April 28, 2012 a reality. Join Health *Plus* as we partner with Gilda's Club of Nashville to offer a 16-week comprehensive training program designed to help you reach your goal. Joining Gilda's Gang is a great way to get fit and give back to men, women, and children in our community who are affected by cancer.

*"Everyone is so supportive and encouraging of one another. We also get access to a great training coach and helpful conditioning classes at the Vanderbilt Dayani Center. The fundraising tools provided are so easy to use and share. It's amazing how easy it makes it to raise money for a great cause! The social support and giving back to Gilda's make training with Gilda's Gang a really rewarding experience. I look forward to it every year!" Kim Amsilli, Vanderbilt Corporate Relations*

The program begins Saturday, January 14 at 9 a.m. with a group run/walk, followed by an open house and health fair for all interested participants.

Learn more at <http://healthplus.vanderbilt.edu> or come to a 30-minute, no obligation information session at Vanderbilt:

- **December 5** Noon – 1 p.m.  
The Monroe Carell Jr. Children's Hospital at Vanderbilt, room 2104
- **December 7** 11 a.m. – 1 p.m.  
One Hundred Oaks, room 26103
- **December 15** 5 – 6 p.m.  
Health *Plus*, Kensington Garage
- **December 16** Noon – 1 p.m.  
The Vanderbilt Dayani Center, conference room
- **January 12** Noon – 1 p.m.  
Health *Plus*, Kensington Garage  
Sponsored by Health *Plus*, the Vanderbilt Dayani Center, and the Vanderbilt Ingram Cancer Center.

## The Counseling Corner



### Q: Dear Counselor,

As the holidays approach again, economic times have caused me to use the money I hoped to buy gifts with to pay bills instead. How can I make the holiday times pleasantly memorable for my family and children without buying things we just can't afford?

*Hopeful about the Holidays*

### A: Dear Hopeful,

Holidays don't have to be about buying expensive gifts. Most of us don't remember what gifts we got last year, no matter the price tag. Why not announce that this year the focus is going to be on building holiday memories. Here are some beginning ideas:

1. Choose three holiday movies and watch them as a family.
2. Record your family history on paper, audio, or video recordings. Interview family members to get their perspective.
3. Take your loose photographs and organize them into a memory book.
4. Compile a family recipe notebook to pass on to your children.
5. Make cards for military personnel or others who might be lonely during the holidays.
6. Load up the car, take a snack, and check out the Christmas lights.
7. Set a \$5 limit per gift and see how creative each family member can be.
8. Bake cookies and decorate them together.
9. Re-gift a basket of things that you have outgrown but others might cherish.
10. Reconnect with ten friends and family that you haven't seen in a while — a visit, a phone call, a card, or an e-mail.

However, if you find that depression or grief limits your ability to engage in the season, call Work/Life Connections-EAP at **936-1327** for a confidential appointment.

Happy Holidays!  
*Ellen Trice, LCSW, CEAP*  
Counselor

# health yourself

## 'Tis better to give than to receive

As December approaches families may find their children becoming excited about gifts. While the holidays are a time for children to receive presents, it is also a good opportunity to teach children how to give gifts or acts of kindness to others. It is true that holiday gift giving revolves mostly around children, but it is important that children begin as early as three or four years old to learn that giving gifts can be gratifying and can contribute to a loved one's happiness.

- **Allow your child to make a list of people they love.** This should be someone they might want to do something for, or give a handmade gift. Guide them to keep their list short and simple at first so that your time and commitment doesn't stretch too thin during the busy holiday season.
- **Once they have made a list, help your child talk about what likes and hobbies the people on their list may have.** Try to get your child to think about things they can make or something they can *do* for the person rather than *buy* for the person. Buying a gift is fine too, but making something is far more special for both the child and the gift recipient.
- **Help your child make their gift.** If they are going to do something for the gift recipient, help them make a little card to explain the "gift of kindness."
- **Make sure that your child makes the gift, or does the deed him or herself.** Resist the urge to do it for them. While it may look nicer, it doesn't represent the child's work. Remember, this is a gift from the child. It should reflect the child's creativity and effort. It is the act of giving that is important, not the finished product.
- **Make sure you leave time for your child to deliver the gift.** Allow time for your child to spend a few moments with the recipient. Encourage the recipient to chat with the child and show gratitude. This will help the child want to do more giving.

Holidays are a great time to increase your child's awareness regarding compassion and giving. So, enjoy the holidays and seize these opportunities for "teachable moments."

Happy Holidays!

## Control your blood pressure with the Pressure Relief Network

**Health Plus is once again sponsoring Pressure Relief Network, a series of classes that explore a range of lifestyle choices you can make to control your blood pressure.** Weekly sessions will be held on six Wednesdays, beginning February 1, 2012 and ending March 7, 2012. The sessions will cover ways to prevent or control hypertension through food choices, weight loss, physical activity, medication, and stress management. The classes will be held from noon to 12:55 p.m. in Light Hall, room to be announced. These are available to all full-time faculty/staff and their spouses at no cost. For more information or to register, please contact Madeline Garr, Health Educator and Wellness Coach, at 343-8777 or email her at [madeline.b.garr@vanderbilt.edu](mailto:madeline.b.garr@vanderbilt.edu).

## Thumbs up on handwashing

**December 4 through 10 is National Handwashing Awareness Week.**

**Most people don't do as good a job as they think — or should.**

- We tend not to thoroughly clean our thumbs, fingertips, and the areas between our fingers.
- Up to half of all men and a quarter of women do not wash their hands after they use the bathroom.
- Right-handed people tend to wash their left hand more thoroughly than their right, and vice versa.

**Need a few reasons to be more diligent about using warm water and soap or squirting some hand sanitizer?**

- We have between 2 and 10 million bacteria between our fingertips and elbow.
- Damp hands spread 1,000 times more germs than dry hands.
- The number of germs on your fingertips doubles after you use the toilet.
- Germs can stay alive on hands for up to three hours.
- Millions of germs hide under watches and bracelets. What's more, there could be as many germs under your ring as there are people in Europe.
- The CDC recommends that healthcare workers (HCW) use alcohol-based rubs (foam or gel) if their hands are not visibly soiled. Vanderbilt's Director of Infection Control and Prevention, Vicki Brinsko, RN, CIC, explains that "many people do not realize that if their patients have *C. difficile*, they must wash their hands with soap and water. Also, using soap and water, you should wash your hands for about 20 seconds. (Sing the "Happy Birthday" song twice to yourself — that takes the correct amount of time.)"
- Learn more about Vanderbilt's Hand Hygiene program <http://www.mc.vanderbilt.edu/handhygiene>.

*Source: Southeastern (ID) District Health Department*

*Reviewed by: Vicki Brinsko, RN, CIC, Vanderbilt's Director of Infection Control and Prevention*

## Leading by example Meg Rush, MD

*(Continued from page 1)*

**How will 2012 be different for you than 2011?** Yoga teaches one to embrace the moments. Over the past few years, I have really tried to take this idea to every encounter — time with my girls, time with my friends, time at work, and time alone. My hope for 2012 is to do this a little better every day. I find that when I can do this, even a busy life is balanced.

## Vanderbilt Health biggest losers are really winners!

# Health n

## Caregiving from afar

There are an estimated 7 million long-distance caregivers in the United States.

Although many miles can add difficulty to caring for an aging parent or loved one, you can still make a big difference.

**Emotional support:** Schedule regular phone calls and use e-mail to share news, fun, and information. Give the person something to look forward to.

**Detective work:** Your loved one may sound fine on the phone, but how do you know? Ask questions like, “What’s for dinner?” rather than “Are you eating well?”

If your loved one’s answer is “a box of crackers,” he or she may need more day-to-day care, or an extended visit. Simple, conversational questions can give you better insight into the person’s state of well-being.

**Project management:** If you feel comfortable as a medical advocate, you could handle your loved one’s care, interpret doctors’ orders, or manage a professional caregiver. If you’re knowledgeable with numbers, take on finance and insurance issues. Hold a family meeting and divide responsibilities and finances. Using your skills on a specific set of long-distance tasks can help both the one needing care and other caregivers.

Individually prepared adult care information packets are available for all regular Vanderbilt faculty and staff who need support with elder care issues such as assisted living, companion services, transportation, respite care, and more. Learn more about this service at Vanderbilt by visiting <http://childandfamilycenter.vanderbilt.edu/services> or contact Stacey Bonner, Family Services Coordinator at 936-1990 or [stacey.l.bonner@vanderbilt.edu](mailto:stacey.l.bonner@vanderbilt.edu) to schedule an individual consultation.

Source: National Institute on Aging

## 2 ways to be happy and healthy at work

**1 Take five** — Commit to working for only five minutes on a task you’ve been putting off. Once started, you might find it’s not that bad. Even if it is, it will be easier to complete if you chip at it for five minutes a day.

**2 Think positive** — Restate negative thoughts. “This is too hard” becomes “I have all it takes to make it through.” Or, “This is a waste of time” becomes “What can I learn right now?”

Source: Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You



In photo from left to right: Stephen Ladensack, Camilla Beasley, Jonquil Kelly, Lisa Huff, Lynn Edwards, LeeAnn Buck, Fikre Tesfaye, Kathy Hamilton, Christy Britton, Jan Cartwright, Tammy Moss-Harris, Sherill Bumgardner, Sharon Frazier, Debra Broadstone, Bryon Pickard.

### The One Hundred Oaks Payments department recently completed a Biggest Loser contest, led by staff member Debra Broadstone.

“Since I have struggled with my weight, I knew there were others that work on the same floor as myself at One Hundred Oaks that wanted to lose weight and just needed a little support and a reason to get started. So that’s how the Challenge began. The group weighs in weekly and, after everyone weighs in, I send an e-mail out to the group with a little motivational speech and a little tip for the week to keep them going. I have people that are going home now and getting the whole family involved with eating healthier and losing weight!”

The group of 35 people reports that 10 people participating in the Challenge lost over 5% of their body weight. As a group they lost 276.7 lbs.

Now that is a bunch of losers that are truly winners! Congratulations to all of you, and our hats off to Debra for her commitment to supporting her colleagues in leading a healthy lifestyle.

#### Health and Wellness Connection

newsletter editor: Stacey K. Kendrick, MS, Coordinator of Health Promotion, Faculty and Staff Health and Wellness

Contact [stacey.k.kendrick@vanderbilt.edu](mailto:stacey.k.kendrick@vanderbilt.edu) or 322-6689

## NUTRITION QUESTIONS?

# Ask the Dietitian

**Q:** I always seem to gain a few pounds during the holiday season. How can I enjoy my favorite holiday treats without the added weight gain?

**A:** You are not alone! Although the holidays are full of joy and celebration, they are also a time of weight gain for many Americans. In fact, research has shown that up to 51% of annual weight gain occurs in the six weeks between Thanksgiving and New Years! This extra weight can add up over the years, increasing the risk for obesity and other health complications.

Luckily, you can still indulge in your favorite holiday foods while watching your waistline! The key is to make simple ingredient substitutions that

will “slim down” higher calorie recipes (baked goods, creamy dips, casseroles, mashed potatoes, etc.). A large majority of the calories in these dishes come from fat and sugar. When preparing your favorite holiday recipes, try swapping these ingredients to shave off extra calories:

- Fruit purée for half of the butter, shortening, or oil in desserts (unsweetened applesauce, prunes, and ripe bananas work well in most recipes)
- Neufchâtel or low-fat cream cheese instead of regular cream cheese
- Evaporated skim milk instead of cream

- Greek or fat-free plain yogurt in place of sour cream and mayonnaise
- Cut ¼ of the sugar in baked goods and add cinnamon, vanilla, or almond extract for a boost of flavor

*Written by: Jacquie Sullivan and Lauren Bradford, The Dietetic Internship Program at Vanderbilt, 2011 – 2012.*

*Reviewed by: Dianne Killebrew, Med, RD, LDN, Coordinator of the Dietetic Internship Program at Vanderbilt.*

*Sources: Roberts SB. Holiday Weight Gain: Fact or Fiction? Nutrition Reviews. 2000; 58(12):378-379.*

*California State University Sacramento. Healthy Cooking and Baking Substitutions. Accessed October 20, 2011. <<http://www.csus.edu>.*

## Eating-Well Recipe

### Garlic Mashed Potatoes

- 1 ¼ pounds Yukon gold potatoes, unpeeled and cut into 1-inch pieces
- 4 large cloves garlic, peeled and quartered
- ½ cup low-sodium chicken broth
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Place the potatoes and garlic in a steamer basket fitted over a large pot of boiling water. Cover and steam until the potatoes are knife-tender, 12 to 15 minutes. Warm the chicken broth in a small pot on the stove or in a glass container in the microwave.

Remove the steamer basket and drain the water from the large pot. Transfer the potatoes and garlic to the pot, add the oil, salt, pepper, broth, and mash until smooth.

Nutrition Facts (per ¾ cup serving): Calories 170, Total Fat 4 g, (Sat Fat 0.5 g, Mono Fat 2.5 g, Poly Fat 0.5 g), Protein 4 g, Carb 31 g, Fiber 3 g, Cholesterol 0 mg, Sodium 310 mg.

Source: [www.foodnetwork.com/recipes/ellie-krieger/garlic-mashed-potatoes-recipe/index.html](http://www.foodnetwork.com/recipes/ellie-krieger/garlic-mashed-potatoes-recipe/index.html)

## It's not too late to protect yourself from the flu!

Even if you missed Flulapalooza, and you just couldn't get to the Flu Tent, it's not too late! Flu vaccines are still available each weekday in the main Occupational Health Clinic (640 Medical Arts Building) from 8 a.m. – 5 p.m., at all *OHC Comes to You* vaccination events, and at One Hundred Oaks every Thursday morning. View the flu webpage at <http://occupationalhealth.vanderbilt.edu> for locations and all things flu!

**Remember, the FLU ends with U!**

“A morning without coffee is like sleep.”

— Author Unknown

# take care

## Should you sweat out sickness?

Becoming sick is your body's way of saying, "Slow down." But how slow do you need to go? The general rule: Listen to your body — and leave your ego and your mind out of the decision. Here is a guide to help determine if your body is saying "yes" or "no" to exercise when you're sick.

**Yes.** A mild cold doesn't have to stop you. If you're feeling restless and need to move, then move. But be gentle. According to the American College of Sports Medicine (ACSM), "Mild-to-moderate exercise (e.g., walking) when sick with the common cold does not appear to be harmful."

**No.** If you have a fever, the flu, muscle aches, fatigue, swollen lymph glands, or chest congestion, then stay put. In fact, the ACSM recommends two to four weeks of rest before returning to any intensive training.

If you do decide to exercise, remember to cough or sneeze into the bend in your elbow, not your hand; wipe gym equipment with a towel and disinfectant spray; drink lots of water; and take frequent rests.

Source: American College of Sports Medicine

## Ten tips to keep your weight in check over the holidays:

- 1. Pack fitness clothing and shoes when traveling.**
- 2. Wear your running or walking shoes as much as you can.** You may find a 20-minute window when people are napping or before dinner for a quick walk or run.
- 3. Serve steamed vegetables instead of heavy casseroles.** Use herbs and spices as seasonings instead of loading them with butter, oil, or cheese. Serve raw veggies and low-fat dip as appetizers instead of meat and cheese crackers or finger sandwiches.
- 4. Talk a brisk walk before a holiday meal to curb your appetite.**
- 5. Make healthy contributions to the holiday menu.** Your friends and family will welcome a fresh vegetable dish or a mixed green salad. Or, take a more traditional holiday dish and modify it to reduce calories, fat, and/or sugar.
- 6. Remember that drinks do count towards your calorie intake.** Eggnog and other holiday beverages can add a huge number of calories. Choose low-cal beverages such as diet soda, sparkling water, or a low-calorie punch.
- 7. Scan the buffet first.** Fill your plate with foods that are simply prepared, without sauces or fried, sit down and take your time to taste and savor every bite. Resist the urge to go back for more by waiting at least 20 minutes for your brain to register that you are comfortably full. If you are still hungry, eat more vegetables and drink water.
- 8. Don't run on empty.** Don't go to a party hungry or "save your appetite" for a big end-of-the-day meal with family. Make sure to eat healthy snacks before the office get-together and throughout the holiday weekend.

## Smart year-end money moves

- **Increase retirement savings.** If your employer offers a retirement savings plan, ask your employer to raise your 2012 contribution. If you participate in Vanderbilt's or any employer retirement savings plan, consider raising your 2012 contribution.
- **See where you stand.** Take a "snapshot" of your finances (net worth) by subtracting what you owe (debts) from what you have (assets). Is there anything you should do differently as you look to 2012?
- **Track your progress.** Check online how your investment accounts are doing. Compare their performance with market indexes (e.g., the Standard & Poor's 500). Make changes if needed. Be sure to diversify your investments.
- **Consider enrolling in the Vanderbilt Credit Union Christmas Club.** The club makes saving easy. Over 1700 faculty and staff participate each year. Learn more at <http://www.vanderbiltcu.org/index.html>, or call 936-0300.
- **9. Focus on what's important.** Focusing on spending quality time with loved ones versus focusing on eating is really what's important. Instead of spending time together eating, try playing a board game, looking at old photos, or going for a walk.
- **10. Don't beat yourself up if you lose control.** Just get right back to normal eating and exercising, and try to do a better job at the next party or gathering.

# family health

## OHC TALK:

### COUGH: WHEN TO SELF-TREAT; WHEN TO SEE YOUR PRIMARY CARE PROVIDER



**Elaine Dauwalder, MSN, APN, FNP-BC, Nurse Practitioner, Vanderbilt Occupational Health Clinic**

**Stop and listen. Do you hear someone coughing? Is it you?** We have all experienced those pesky coughs that just make us feel that we will never be well again. According to the Centers for Disease Control and Prevention (CDC), cough is one of the most common reasons for a visit to a Primary Care Provider in the United States. How do you know when it is safe to use self-care measures to treat the cough?

The best way to care for a cough is to treat the cause. A cough is not a disease itself, but a symptom of some common illnesses, such as a cold, flu, or allergies.

The American Thoracic Society and The National Heart, Blood, and Lung Institute provide some helpful information:

#### **Here are some self-care practices to help alleviate an acute cough:**

- Staying hydrated to thin secretions
- Cough drops to soothe the throat
- Avoid smoke, dust, or other pollutants
- A teaspoon of honey for persons age one and up
- Hot tea

#### **Here are some signs that you would need to see your primary care provider (in an otherwise healthy adult):**

- If the cough has lasted 2 weeks
- If you have a fever, night sweats, or you are coughing up blood
- If your cough interferes with your daily activity or sleep
- If you have had treatment, but your cough fails to get better
- If you feel your cough is serious
- If you are having shortness of breath, wheezing, or difficulty breathing (if severe, go to the Emergency Department)

If you have a cough from a known chronic condition, contact your primary care provider to discuss signs and symptoms that warrant an office visit, or an emergency room visit.

As you prepare for those holiday gatherings remember: washing your hands frequently and reminding friends and family to do the same is one of the best ways to avoid common conditions which cause coughing.

## Avoiding post-holiday blues

That grumpy and lethargic feeling come January can be a sign that the holidays were disappointing, but letdown can follow picture-perfect festivities, too.

The holidays are filled with positive and negative stressors. From seeing an annoying relative, to shopping and wrapping, stressors can add up to a frenzied pace with no time for recovery.

This December keep stress in check. If you still experience post-holiday blues, take it as your body's plea for relaxation and recuperation.

- **Keep expectations realistic.** A Norman Rockwell Christmas is fiction.
- **Plan your time** and don't over-commit.
- **Stick to your budget.** A mailbox full of bills in January is sure to deflate you.
- **Don't drink excessively.** Stress is magnified by hangover exhaustion.
- **Avoid the urge to recreate a childhood Christmas.** Commit to a new tradition instead.
- **Take "me" time.** Your body is craving downtime.
- **Listen to the Wellcast, *Creating Holidays with More Joy, Less Stress*** for ideas to help create a lower stress, more joy filled holiday at <http://worklifeconnections.vanderbilt.edu/wellcasts/creating-holidays-with-more-joy-less-stress>.

Source: [www.Missourifamilies.org](http://www.Missourifamilies.org)

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
2201 25th Ave. South  
Nashville, TN 37240



## upcoming events

### Babies and You

**Babies and You is a prenatal education program sponsored by Health Plus that is offered to full-time faculty, staff, and their dependents.** The program focuses on early prenatal care and the prevention of birth defects and low birth weight. Sign up for Babies and You within the first trimester of pregnancy, and your baby may be eligible to receive a \$100 (taxable) savings bond when he or she is born. After the birth of your baby, you will qualify for one free home visit by a registered nurse. The service is available for Davidson and surrounding counties.

#### UPCOMING CLASSES FOR BABIES AND YOU:

**December 15, noon to 1 p.m.**

##### **Postpartum Care**

Carol Huber, RN, BS, IBCLC,  
Lactation Consultant, NICU  
Location: 407 Light Hall

**January 19, noon to 1 p.m.**

##### **Facing the Challenges of Pregnancy**

Michelle Collins, MSN, RNC,  
Certified Nurse Midwife, West End  
Women's Health Center  
Location: To be announced on the  
Health Plus Website

**For more information or to register online, visit**  
<http://healthplus.vanderbilt.edu/service/babies-and-you>.

## Health Plus Group Fitness News to Know...

■ **Winter puts a chill on outside workouts.** If you prefer to exercise outside but don't like the cold weather, you may enjoy Boot Camp, Indoor Cycling, Sport BOSU, or Total Body Conditioning. However, if you love to be active outdoors no matter what the weather, you will want to try Organized Track or Outside Boot Camp.

■ **Beginner's welcome.** If your goal for the new year is to be more active don't fear, beginner friendly classes are here! The Health Plus Group Fitness Program welcomes everyone at any of the classes, but the ones highlighted in gray on the schedule are better suited for intermediate to advanced participants. Some good classes for beginners to start with are Gentle Yoga, Yoga, Pilates, Nia, Zumba, Step 1, and Aqua Aerobics. See descriptions for each class on the schedule and feel free to contact Lori Cowan, Group Fitness Coordinator, for suggestions on which classes may be best for you.

■ **Do it yourself.** If you cannot find a group fitness class that fits into your schedule, you can bring your own workout or use one of the Health Plus DVDs and use one of our studios when there is not a class in session. We have a variety of DVDs for you to use too, including step, kickboxing, Zumba, pilates, yoga, bosu, Nia, and more! The fitness associate on duty can help you get started.

There is no need to sign up for classes, just show up. All classes are offered at no charge to Vanderbilt full- and part-time regular faculty/staff. Unless otherwise indicated, all classes are held at Health Plus.

Check our group fitness schedule for class times and descriptions at <http://healthplus.vanderbilt.edu>.

**For details, call Group Fitness Coordinator Lori Cowan  
at 343-6576, or contact her at [lori.l.cowan@vanderbilt.edu](mailto:lori.l.cowan@vanderbilt.edu).**

**Health and Wellness Director:** Mary Yarbrough, MD, MPH  
**Department Managers:**

Lori Rolando, MD, MPH and Marilyn Holmes, MS, RD, LDN, Health Plus  
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP; Melanie Swift, MD, FACOEM, The Occupational Health Clinic; Diane Neighbors, EdD, Child and Family Center; Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration