



SPIRIT



Chocolate...Good for your Heart?

by Suzanne Sonneborn, Nutrition Educator

What is the real story behind chocolate and its relationship to health? Should you be eating chocolate every day?

Cocoa beans or cacao have been used for centuries to treat diseases and promote health. The ancient Mayans used cocoa to treat skin diseases, fevers and seizures. Panama's Kuna Indians consumed large amounts of a drink made from unprocessed cocoa that helped maintain normal blood pressure. Today, chocolate is making a resurgence for its potential health benefits.

The Facts...

Chocolate is a concentrated nutrient source, containing fat, sugar and calories.

Consumption of some chocolate (dark, less sweet, more bitter) has been reported to function as an antioxidant. Antioxidants have shown promise in reducing free radical activity that may reduce cancer and heart disease risk.

Flavanols, compounds found in chocolate, have been attributed to heart disease prevention. However, flavonols are also found in tea, red wine and apples.

Chocolate containing 60% or more chocolate solids contains vitamins, iron, calcium, potassium and magnesium.

The Bottom Line...

In addition to some reported health benefits, chocolate also contains fat, sugar and calories. Choose a chocolate with a lower fat and sugar levels, for instance semisweet or bittersweet

"Chocolate reminds us to wake up, pay attention, stop reaching for what we don't have, and focus on what we do have. It teaches us that we don't need a truck full of love to satisfy our hungry hearts. When we pay attention, enough is possible, here, now, right this very moment."

- Geneen Roth & Anne Lamott, *When You Are At The Refrigerator, Pull Up A Chair*

chocolate with a high cocoa percentage. You can usually find the cocoa percentage by reading the label. European bars or more expensive dark chocolate is your best bet. Look for a dark chocolate or products with the Cocoa pro label. This label certifies that the chocolate has been carefully handled to preserve its natural nutrients. To learn more about this, visit <http://www.cocoapro.com/index.jsp>.

If you are looking to chocolate as a potential health benefit in addition to the above mentioned considerations, limit your serving to 1-2 ounces per day. Also, make sure that chocolate fits in with the rest of your personal health goals. If you don't normally eat chocolate, remember that there are other food choices with similar anti-oxidant health benefits such as, blueberries, blackberries, strawberries, oranges, plums, broccoli, kale and spinach. These choices include fiber, vitamins and minerals and have less calories than chocolate. According to the Tufts University Health & Nutrition Newsletter (February 2003), **chocolate should be eaten and enjoyed as a treat, not as a health food.**

Upcoming Events

It's Not About the Food

Tuesdays, 3:30—5:00 p.m.
MUB, Room 340

Weekly discussion group led by a UNH student and staff member on eating concerns and body image. Open to UNH students, drop in anytime, bring a friend!

Skating on Thin Ice: Body Image Through Cultural Lenses Film & Discussion Series

7:00—9:00 p.m., MUB, Theater II
Free and open to UNH

January 31: *Do I Look Fat?*
February 7: *Curve & Behind Closed Doors*
February 14: *Real Women Have Curves*
February 21: *Perfect Body*
February 28: *Fat Like Me*

Stress Management Coping Skills Lunch Series—BRING YOUR LUNCH!

12:45—1:45 p.m.
Health Services Conference Room
February 7: *What is stress?*
February 14: *Time Management*
February 21: *Meditation*
February 28: *Nutrition/Exercise*
March 7: *Art Therapy*
March 21: *Humor*
March 28: *Sleep*
April 4: *Assertiveness*
April 11: *Self-Massage*
April 18: *Cash Management*

For more information about these and other upcoming events, visit us online at www.unh.edu/health-services

You may obtain a copy of this newsletter by visiting our Website at www.unh.edu/health-services or picking up a copy at Health Services. Please direct all comments and feedback to Editors, Kathleen Grace-Bishop and Dawn Zitney at healthservices@unh.edu

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Office of Health Education & Promotion, UNH Health Services

WELLNESS VOICE

Wellness is a state of being, evolving from a way of living, that helps individuals achieve their highest potential through the integration of all components of their lives: physical, social, emotional, spiritual, environmental, intellectual, occupational & economic.

Relationships: Tips for Success

By Kelly Reardon, Wellness Educator/Counselor

Have you ever wondered what the fundamental keys are to healthy relationships? How about tips on how to avoid unhealthy relationships? Well, here is what the experts are saying on healthy relationships and unhealthy relationships.

Mutual respect:

Do you trust your partner and does he/she trust you? Do you respect who your partner is as an individual? In a respectful relationship, you listen to one another in a non-judgmental way and value each other's opinions. Respect also involves attempting to understand and affirm the other's emotions.

Communication that is open and honest:

Do you feel that you can communicate with your partner without worrying about whether or not he/she will get angry with you? Do you feel you are given or give space and time to think something through before you or your partner are ready to talk about it? Just because you love each other, it doesn't mean you automatically communicate well or can read your partner's mind, or that he/she can read yours. Don't wait for your partner to try to guess what is going on with you.

Separate identities:

In a healthy relationship, both partners need to make compromises. But, that doesn't mean you should feel like you're losing out on being yourself. Neither of you should have to pretend to like something you don't or give up seeing your friends, or drop out of activities that you love. You should feel free to keep developing new talents or interests, making new friends, and moving forward with your life.

Honesty/trust:

Honesty goes hand in hand with trust. It is

almost impossible to trust someone when one of you isn't being honest.

Support:

It is not just in bad times that you or your partner should show support. In a healthy relationship, your significant other is there with a shoulder to cry on and to celebrate the good times. People in healthy relationships try not to judge, criticize or blame each other because we are all human and capable of making mistakes.

Unhealthy Relationships:

A relationship is unhealthy when it involves mean, disrespectful, controlling and/or abusive behavior. Here are some more specific signs to help you decide if you are in an unhealthy relationship:

When your partner...

- *Acts jealous and/or possessive of you
- *Won't let you have friends; new ones or old ones; isolation
- *Checks up on you
- *Uses threats or physical force to discourage one from leaving the relationship
- *Doesn't take your opinion seriously or ignores your feelings
- *Is scary - you worry about how s/he will react to things you say or do
- *Threatens you
- *Blames you for his or her behavior, anger and depression
- *Is hypersensitive to criticism
- *Pressures you for sex
- *Thinks of women or girls as sex objects
- *Attempts to manipulate or "guilt trip" you
- *Is violent
- *Has to be in control
- *Loses his/her temper quickly
- *Says you are too sensitive and you make a

"big deal" out of something small

- *Uses and pressures you to use alcohol, drugs or other mood-altering substances to relax
- *Believes in stereotypical sex roles
- *Has unrealistic expectations of you or the relationship
- *Ridicules or criticizes you or puts you down

If you feel that you or a loved one may be involved in an unhealthy relationship, contact help immediately at:

Sexual Harassment and Rape Prevention Program (SHARPP) 862-RAPE (7273) or toll free at (866) 233-RAPE (7273)
The Counseling Center 862-2090
Office of Health Education and Promotion (OHEP), Health Services 862-3823

*** All the above information was adapted from SHARPP (www.unh.edu/eharpp or 862-7273), Saint Thomas Wellness Center (www.stthomas.edu) and the Los Angeles Public Health Organization (www.lapublichealth.org).



WELLNESS QUOTE

"A cultural fixation on female thinness is not an obsession about female beauty but an obsession about female obedience."
Naomi Wolf, *The Beauty Myth*

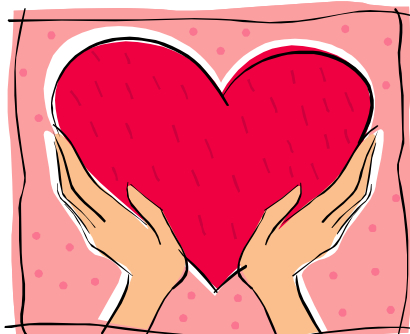


MIND



Hold Onto Your Heart

by Judy Stevens, Community Health Nurse



Can you guess what the leading cause of death is in the United States? It's heart disease and it outnumbers deaths from cancer and accidents combined. We don't hear too much about it do we? Sure, heredity (including race)

plays a part in heart disease but the health of your heart is very much in **your** control. Statistics show that heart disease is the number one killer of women and African Americans are at a greater risk for heart disease. You can make changes to control all these risk factors.

High blood pressure: Everybody has — and needs — blood pressure. Without it, blood can't circulate through the body. And without circulating blood, vital organs can't get the oxygen and food that they need to work. It's important to know about blood pressure and how to keep it within a healthy level.

Normal blood pressure falls within a range; it's not one set of numbers. Your heart beats about 60 to 80 times a minute under normal conditions. Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. Your blood pressure can change from minute to minute, with changes in posture, exercise or sleeping, **but it should normally be less than 120/80 mm Hg for an adult.** If you have high blood pressure, your heart is working too hard.

Consider the foods you eat: Most people know that fatty, cholesterol-laden foods can clog your arteries. Now scientists are realizing that white bread, baked potatoes and foods with a high glycemic index- (foods that are digested and converted to glucose most quickly) – can harm them, too.

Foods rich in antioxidants may also have a healing effect and can help protect your arteries. Foods with Omega3 fatty acids, such as walnuts, flax seed and cold-water fish (salmon, tuna, mackerel and herring) and foods like tomatoes, blueberries, eggplant and fiber –rich grains can help protect your heart. For optimal heart health, choose whole grain foods and eat at least five servings of fruits and vegetables daily.

Smoking: Smoking lowers the good (HDL) cholesterol levels and increases the tendency for blood to clot. Each cigarette damages the lining of the arteries making them magnets for

fatty plaque. Quitting the habit immediately reduces inflammation and eventually reduces the risk of cardiovascular disease back to levels for nonsmokers. If you're thinking about quitting, UNH Health Services has Quit Kits, an Alcohol Tobacco and Other Drug counselor who can help and a physician who does hypnosis and medical acupuncture.

Exercise: Physical inactivity is a major risk factor for heart disease. Even moderate-intensity activities, if done daily, help reduce your risk. Examples are walking, jogging, dancing, skiing and skating. Need a little help getting started? Visit UNH's Hamil Recreation Center or go online at <http://campusrec.unh.edu/facilities/hamel.html>.

Stress: If you're feeling anxious or depressed you may be at greater risk of heart disease. Meditation and other stress management strategies not only put the brakes on this but in combination with a heart healthy diet, may reverse it. Regular robust laughter and having pets can also improve blood flow. If you think you are anxious or depressed you can make an appointment at the UNH Counseling Center. If you would like help with stress management you may want to speak with Wellness Educators/Counselors at the Office of Health Education and Promotion, UNH Health Services.

Don't forget to Floss: Here's one that may surprise ya! Research now links gum disease and tooth loss with a higher risk of cardiovascular disease. The best defense is dental hygiene, so brush after meals with a soft bristle brush and floss daily!!

What You Can Do To AVOID Colds and Flu

- Avoid close contact with others
- Stay home when you are sick
- Cover your mouth and nose
- Wash your hands often with soap, warm water and rub hands while counting to twenty.
- Avoid touching eyes, nose or mouth
- Get plenty of sleep
- Exercise regularly
- Manage your stress levels
- Drink plenty of fluids
- Eat healthy foods

Health Services is available to help you get and stay well.

Make an appointment

Medical Providers

(care for your health)

Nutritionist

(plan a healthy diet)

Wellness Educator/Counselor

(manage stress & sleep well)

Pick up a FREE Cold Kit

to help you manage your cold symptoms

Visit the Pharmacy

Multivitamins, Prescription & non prescription medications



862-2856



BODY



Winter Sports Safety

by Sheila Lambert, Wellness Counselor/ Educator



Thinking of hitting the slopes? Skiing (cross country and down hill), snowboarding, snowshoeing and ice skating can be just what you need after a long week in classes. Winter sports can be exhilarating but like anything, *safety should come first.* Being prepared can be just the thing that allows you to enjoy your day.

All beginners should get proper instruction before hitting the white outdoors. This will help with basic skills, and teach how to get up after falling, a crucial ingredient in the sport. For skiing, many ski resorts offer ongoing lessons, or one hour private lessons. There are also many college student discounts available.

*Being in shape will let you enjoy the sport and prevent injuries. As with any new form of exercise consult a fitness expert or personal trainer to get the proper training.

Some rules of the winter outdoors are:

*Do not use alcohol or other drugs. The use of these substances will impair your judgment, and affect balance and coordination.

* When skiing or snowboarding downhill, give moving skiers and snowboarders below the right of way. You should be able to see them, they might not see you. Stop on the side of a run, well out of the way and in view of other skiers and snowboarders.

*Look both ways and uphill before

crossing a trail, merging or starting down the hill.

*Use a safety device to prevent runaway equipment.

*Always wear a helmet when skiing or snowboarding.

*Dress appropriately for the weather conditions; dress in layers, wear hats and mittens/gloves.

*Never perform outdoor activities alone.

*Follow all posted signs and rules. Avoid closed trails and out of bounds areas.

Proper nutrition will help fuel your body and brain and help you to be alert when heading outside. Finally, in planning for a successful day outside, having success and fun also requires having rest. The recommendation for college students is to get 8-10 hours of sleep per night.

Be safe and have fun outdoors!

Long, Dark, Cold Winter

By Kathleen Grace-Bishop, Director of Education and Promotion and Dawn Zitney, Administrative Assistant

Winter in New England can be hard for many people. There is less daylight, the temperature is cold, the snow is wet—winter days can bring anybody down.

Every season has something to offer, including winter. Here are some ways to survive and thrive:

Embrace the cold and snow!

Find a way to be active outdoors: ski, snowshoe, snowball fights, make a snowman, go sled riding or go for a walk. You can't avoid winter, so get out and enjoy it!

It's easy to hibernate but movement is better!

If you aren't into outdoor activities, do something inside! Go to the gym, check out an exercise video from our Resource Library, go dancing with friends or go bowling! Being

active throughout winter helps you feel better physically and mentally.

But I hate having my nose cold and my feet wet!

Being outside is not your idea of a good time? Winter is perfect to catch up on good books, reconnect with friends, watch movies or even study!

Go towards the light!

Some of us may find that our moods are effected by the shorter daylight. Spend some time each day outside in the daylight. You can also expose yourself to light indoors, the brighter the better! But limit exposure in the late evening since bright light may disrupt your sleep patterns.

It's not all about winter comfort food!

Eat a variety of foods, increase consumption of fruits and vegetables to 5 servings per day and don't forget about breakfast! You will need that fuel to get through the cold day walking to classes.

Remember attitude is everything!

Winter is only three months long, and we are already half way through it with spring break only weeks away. Instead of being frustrated with winter, use this opportunity to reflect on your life, rest, and rejuvenate for spring.

Make this the season which you begin to get 8-10 hours sleep a night!

Still looking for ways to take care of yourself?

Make an appointment for a massage: \$35/50 minutes 862-3823

Make an appointment to learn how to meditate: Free, 862-3823

Check out our Stress Management Lunch Series- more information on page 4.

For some, it is more than the season that can bring one down. If you feel like you want or need additional assistance. There are resources on campus to help you. Contact the Counseling Center at 862-2090 or the Office of Health Education and Promotion, Health Services at 862-3823.