



WISEWOMAN UPDATE

June 2006

BCCCP/WISEWOMAN Program Annual Meeting

Thank you to everyone who attended the 2006 BCCCP/WISEWOMAN Program Annual Meeting on May 18 and 19 at the Grand Traverse Resort. With 215 attendees, this year's meeting set a record high for attendance.

We have received extremely positive feedback about the meeting and look forward to reviewing all participant evaluation forms. Our goal is to design an even more successful meeting for 2007. Thank you again for your participation.

Cholesterol Mythbuster: Once You Bring Your Cholesterol Numbers Down, You Can Stop Your Treatment Plan

Many people work hard for a year or two, eating healthy, exercising, and taking medications, to bring their cholesterol numbers down to desirable levels. But once they reach their goal, they may think they can go back to their bad habits.

Actually, keeping your cholesterol down is a lifelong process. Stopping any part of your healthy lifestyle, including medications, can cause your cholesterol to start creeping back up. Remember...your numbers will only stay down as long as you work to keep them down.

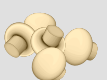
Stats At-A-Glance

So far this fiscal year, we have screened 2,198 women, which puts us at 55.3% of our caseload goal of 3,975.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for program duration is 34.85%.

Of the women screened this fiscal year, 98.5% have at least one CVD risk factor, and 90% have multiple risk factors.

The Michigan performance indicator for the percentage of eligible women who complete their lifestyle goals is 75%. So far in FY06, 89.9% of eligible women have completed their lifestyle goals. Good work everyone!



Physical Activity Fit Tips



Trying out regular physical activity for the first time? These tips from the pros can make your workouts easier, safer, more productive, and more fun!

- Listen to your body. If you have difficulty breathing or experience faintness or prolonged weakness during or after exercise, consult your physician.
- Eating a carbohydrate-rich food within two hours of exercising will help you perform at your best. Half a bagel, a handful of pretzels, a piece of fruit, or a cup of low-fat yogurt is enough.
- Drink plenty of water before, during, and after exercise, especially in hot weather.
- Warm up for about five minutes at the beginning of each workout with a slower, gentler version of the activity you plan to do.
- After exercising, cool down by walking or performing slow stretches for 5 to 10 minutes.
- Buy comfortable, properly fitted footwear. Aching feet and strained muscles can discourage an exercise novice.
- Participate in activities that are safe, rewarding, and most of all – fun! You can't expect to stay physically active unless you enjoy what you are doing.
- Consider all your exercise options. The more interesting your activity program is, the easier it will be to stick to it.
- Work out with a friend, family member, or coworker. It's more fun to exercise together, and you can help each other stay motivated.
- Enhance your everyday activities. Take the stairs in your office or at home, put more effort into scrubbing the floor or washing the car, park your car farther away from the shopping center or office, and when you're talking on the phone, walk around or move your legs and arms. Remember, everything you do counts.
- Do the talk test to see if you're exercising at the right pace. If you're breathing so hard that you can't talk, your activity is too intense.
- Exercise during cooler, less humid times of the day like early morning or evening.
- Drink plenty of water. Avoid alcohol and caffeinated beverages – they cause dehydration.
- Wear light, loose-fitting clothes that allow you to sweat freely – they help cool you down.
- Make an appointment to exercise. Write it down in your daily calendar and stick to your plans. Exercising first thing in the morning works well on hectic days.
- Change your activity to keep your fitness program interesting. Walk one day, bike the next, take an aerobic class, or go for a swim at the local YMCA.
- Change your walking route. Map out three or four walking paths and alternate between them.
- Think of exercise as valued time. You deserve the time to improve your health and boost your energy.





Time Saving Tips

Feel like you are too short on time to eat healthy? To make physical activity part of your daily life? Take heart. We've got some suggestions for making changes to your daily routine to ensure healthier eating and squeeze in activity.

Fast Food

- Pack your lunch the night before. Use leftovers from your healthy dinner and put them directly from the serving dish into your lunch container.
- Clean and store fruits and veggies. As soon as you get home from the grocery store, clean and store veggies and fruits in single serving size baggies that you can grab and take with you at any time.
- Keep healthy snacks handy in your bag, desk, or car. Dried fruits, nuts, whole wheat pretzels or crackers, or anything healthy and that will store can you help you beat the temptation of fast food when you are hungry and short on time.

Fast Activity

- Make changes to your daily routine to squeeze in "activity breaks" throughout the day to help you be more active. Aim for at least 30-60 minutes of activity per day at least five days a week.
- Park farther from the entrance of places you often visit, like the grocery store, your workplace, and the mall to get in quick walks.
- Take the stairs whenever possible.
- Take 20-minute speed walks. Try for one in the morning or after lunch and again after dinner.
- Try walking, jogging, dancing, or bowling – partner with a friend or the kids and make it more fun.

