



TIPPECANOE COUNTY

# SO Healthy

Athlete and family guide  
to health and community  
involvement

Oct/Nov 2016

IN THIS ISSUE

## Fall Fitness Focus

by Brittany Price

As cooler temperatures set in, it may be time to think about moving your fitness activities from outdoors to indoors. One great way to stay active this season is by joining the YMCA.

Our local YMCA has two locations to serve Lafayette, on the South side and downtown. Membership includes access to the pool, circuit training equipment, group fitness classes, weight training equipment, and to various other programs.

Worried about affording a membership?

A scholarship program for membership is available. The YMCA believes that people have more pride in membership if it's not free, so scholarship applicants will be asked to pay a small portion of the fees.

The YMCA Welcome Center has all the appropriate materials to apply

for scholarships. From there, a Membership Director can help determine your income-adjusted membership rate.

Lafayette Family YMCA  
1950 S 18<sup>th</sup> Street  
Lafayette IN 47905  
765-474-3448

250 Main Street #50B  
Lafayette IN 47901  
765-838-3605



### Free Health Screenings

Make an appointment for a free screening on September 28 at the Kathryn Weil Center for Education.

Page 2



### Thinking About Quitting?

The day you quit smoking or using tobacco might be one of the only times it's good to call yourself a "quitter." Get the support you need to help you quit.

Page 3

# Eating Right

by Brittany Price

Do you know how many servings of fruits and veggies you need each day? ChooseMyPlate.gov says adults need 1-1/2 to 2 cups of fruit and 2 to 3 cups of vegetables on average. Be sure to visit our local farmers' markets before they close at the end of October to take advantage of our fresh local food options.

The Lafayette farmers' market is located downtown at 5<sup>th</sup> Street between Main and Columbia. It takes place Saturdays from 8am to 12:30pm.

The Purdue farmers' market is at the northwestern corner of Memorial Mall and happens Thursdays from 11am to 3pm.



The West Lafayette farmers' market is held in Cumberland Park on Wednesdays from 3:30 to 7pm.

Don't be shy about asking local vendors for tips on how to cook or prepare foods that are new to you!



# Free Health Screening

by Brittany Price

The Kathryn Weil Center for Education is hosting free PAD (Peripheral Arterial Disease) Screenings on Wednesday, September 28. Appointments are required and available from 1pm-6pm by calling 765-449-5133.

The PAD screening involves a questionnaire, taking an ABI (specialized blood pressure measurements), and a consult with a healthcare professional.

Additional free screenings available on site: blood pressure, oxygen saturation, BMI (body mass index), cholesterol, electronic cardio risk assessment, and hearing.

Call ahead if you are requesting a PAD or cholesterol screening, but any additional services operate on a "first come, first served" basis.

Kathryn Weil Center for Education

1415 Salem St Lafayette

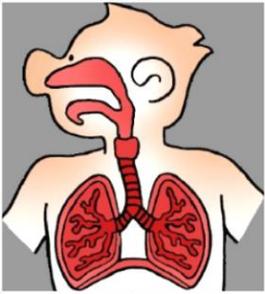
765-449-5133 or 1-800-654-9410 ext. 5133.

## HEADING 4



## Stop Smoking...Again

Most people need to try quitting a few times before they quit for good. Don't get discouraged!



## Cigarette Ingredients

Nicotine is the addictive ingredient in cigarettes. Tar, carbon monoxide, and about 7,000 other chemicals are what really make smoking dangerous.

### FAST FACTS

# 50%

Your risk of a heart attack is cut in half within a year of quitting smoking.

# 28

The number of chemicals in smokeless tobacco that cause cancer.

### FOR MORE INFORMATION

Contact 1-800-Quit-Now or  
QuitNowIndiana.com



*1964 was the first time the Surgeon General's Report included the dangerous health effects of smoking.*

# Quitting Tobacco

by Brittany Price

Did you know Indiana has a FREE way you can get help to quit smoking or using tobacco? For 10 years, Quit Now Indiana has helped 120,000 people quit using tobacco and cigarettes. Now it's your turn too! Athletes need to avoid tobacco to perform their best in sports, even secondhand smoke from family and friends can keep them from being at peak physical health.

Over the past 50 years more than 20 million Americans have died from smoking. Cancers of the lungs, throat, lips, tongue, mouth, and esophagus are all possible with tobacco use. Even if you don't smoke, you need to know that secondhand smoke kills 49,000 people in the US every year. Secondhand smoke means you don't smoke, but others around you do and breathing in that air is unhealthy.

After you quit smoking, your blood pressure and heart rate return to normal in just 20 minutes. After 3 days, you become less likely to have a heart attack and your senses of smell and taste improve. After 3 months of not smoking your lung capacity increases so you will be able to breathe better and perform better

in sports. Finally, after one year of not smoking, your lungs grow healthier tissue and you are less likely to get infections and get sick.

There are many ways that Quit Now Indiana can help you quit smoking or using tobacco. First, if you aren't ready to quit yet but would like to, they will help you come up with a plan for how and when to quit. Next, they can provide you with things such as a kit to help you stop smoking. Quitting coaches are available to talk to you on the phone, on the internet, or by texting. They will help people that are adults or teenagers.

Make sure that if you quit using tobacco or cigarettes, you need to tell your doctor too. Your doctor will help decide if you should use medicines to help you while you quit.

Congrats on being a quitter!

Facts retrieved from quitnowindiana.com on 9/9/2016.



## Spotlight

Jennifer Hoover shared her opinions recently about Special Olympics and staying active:

"Special Olympics has been very good. Growing up with most of the athletes I've made lifelong friends. Being in swimming has been great for me since I was little. Because of my disability my muscles were kind of weak. Being in sports helped me gain more belief in myself. Having friends along the way made me a better person. It should for you too!"

## Diabetes Education

by Brittany Price

Doing Better Together is a monthly diabetes health seminar that meets from 4 to 5pm on the second Tuesday of each month. Meetings are open to anyone with diabetes and to their family and friends. These meetings are FREE!

The next meeting is on Tuesday October 11 and is titled "Your Numbers Count!" It will help you learn which numbers (for example, blood sugar) are important to people with diabetes.

You need to register before you attend by calling 765-449-5133. Meetings are at the Franciscan Healthy Living Center at 1116 N. 16<sup>th</sup> Street in Lafayette. This is located inside the Lafayette Heart Institute on the campus of St Elizabeth Central.



### FREE DENTAL WORK WITH IVY TECH

Stay Tuned...

In 2017, Ivy Tech and its Dental Assisting program are offering limited free dental services to the community. In January they will start scheduling patients for x-ray appointments. In March, they will offer free visual dental exams and simple fillings. Save the date for:

Exams March 24, 31, and April 7

Fillings April 14, 21, 28, and May 5