

BYU WELLNESS PROGRAM

HELPING You BUILD A HEALTHY FUTURE



EATING ICE CREAM EVERYDAY

By Dr. Steven G. Aldana

College of Health and Human Performance

When I was young, I remember finishing almost every dinner with a big bowl of ice cream. In the mornings my mom cooked eggs, bacon, and toast slathered with butter, and I downed it with a big glass of whole milk. Ahhh, those were the days. At that time, we knew little about saturated fat, cholesterol, whole grains, red meat, fruits and vegetables, smoking, or physical activity.

In college my eyes began to open widely; I had my cholesterol, blood pressure, body fat, fitness, and nutrition checked. As I started to read the results of long-term studies on health, I evaluated my own lifestyle. After a few failed attempts, I eventually started drinking skim rather than whole milk. I made slow but steady changes to my diet and stayed physically active. All of these lifestyle changes were influenced by the results of the studies I had read. At that time, we were only beginning to piece together parts of the health puzzle, but I was starting to learn why I needed to change and how to do it. Most people are surprised to learn:

- *Almost half of us are going to die of cardio-vascular disease. Of these deaths, 80% are caused by lifestyle factors, choices we make everyday. How we live determines if we live.*

- *One-third of us will likely die of cancer, yet 60-70% of all cancer deaths are lifestyle related.*

I often get asked, "**Why should I change my lifestyle if everyone is going to die anyway?**" I reply, "**True, but when and how death occurs is very much up to you.**"

Have you ever taken an antibiotic? Have you ever been in an automobile accident and been wearing a seat belt or had air bags? Have you ever had surgery? If you answered yes to any of these questions, you have probably delayed the time of your death.

Are you overweight, do you avoid fruits and vegetables, are you physically inactive, are your blood cholesterol or pressure high? If you answered yes to any part of this question, your lifespan can likely be extended if you want it to be.

How much longer? Some estimates suggest at least ten years. But will those 10 years be filled with illness and the infirmities of old age? The research demonstrates the opposite; on average, it's a high quality of life with severe illness only immediately preceding death. So, at age 92, I'd like to be home from my third mission, snowboarding with my great grandchildren, and die from a collision with a tree.

Now that's quality of life!



Dr. Steven Aldana

Studies I've published and other findings on lifestyle and health have inspired me to want to do two things: show people why unhealthy lifestyles cause premature death and disease, and teach people how to change their lifestyle so they can enjoy a longer and happier life. Starting this May, I have the pleasure of working with BYU Conferences and Workshops to offer the first community-wide Healthy Lifestyle Program (HeLP). The purpose of the program is to help individuals learn why premature death and disease are caused by unhealthy behaviors, then adopt and

maintain healthy behaviors. The seminar will start with a detailed health risk screening, then participants will meet in the Harmon Building twice a week in the evenings for four weeks.

Adopting a healthy lifestyle will dramatically improve health for most people; the proof will be seen when everyone is rescreened eight weeks later. DMBA has agreed to pay part of the cost of the program and participants who bring a spouse or partner can participate for even less. If you really want to prevent, arrest-and even reverse-the most common killers, come listen to the experts and learn what we have discovered about eating ice cream everyday.

For more information call: BYU Conferences and Workshops 378-4852

Prostate Cancer Screening

Monday, April 8, 2002

8:00 a.m. - 1:00 p.m.

3211 WSC

Register for an
appointment online at
<http://www.byu.edu/wellness>
or call 8-5884.

No charge for BYU personnel and spouses
under DMBA or Altius
insurance.

Otherwise, the cost is \$10.50.



Results will be given out at a
seminar on PSA facts and issues given by
Dr. L.E. (Gus) Hoffman on
Monday, April 15, from 11:00 - 12:00 p.m. in
251 Tanner Bldg.

Aguathon 3K Fun Walk

Seventy-five percent of Americans are chronically
dehydrated.

Don't let this be you!

Come enjoy a walk in the spring air and learn
what water can do for your body.

Thursday, April 11, 2002

11:45 a.m. - 1:00 p.m.

SFH/RB quad



Kevin R. Miller will present an informative
water seminar on the benefits of water.

Wednesday, April 10, 2002

12:00 - 1:00 p.m.

3211 WCS

Come learn why water is so important to the
human body and the side effects of dehydration.

Well & Wise Seminar

By Dr. Steven G. Aldana

Thursday, April 18, 2002

12:00-1:00 p.m.

3220 WSC

Come enjoy the lunch hour and learn how your body weight and health can be dramatically improved
through the Healthy Lifestyles Program (HeLP).

*Faculty Center * College of Health and Human Performance * Human Resource Services*