

Wellness Management



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“The Impact of Culture on Health Behaviors”

by: Wolf Kirsten, MS

The world is experiencing a rise in chronic diseases, e.g., diabetes, obesity, hypertension, heart disease, etc. They have surpassed communicable diseases and are now number one for mortality and morbidity worldwide. This global trend is mostly based on increasing unhealthy lifestyles, which often comes with development, wealth and urbanization. Globalization has triggered an expansion of western influence; American culture is spreading rapidly throughout the world. Many think that this is the culprit for the spread of chronic disease in many countries: burgers and fries, eight-lane highways and SUVs – these are making us sick. But it would be too easy to blame the disease trend on this lifestyle alone. One should not forget that some of the best research and most innovative programs with regard to health promotion and wellness come out of the U.S. It is nevertheless highly interesting to take a look at how the local culture contributes to certain health behaviors, how foreign influences can change these and whether or not other countries are better off health-wise than the U.S. when it comes to their culture.

Scandinavia – the Home of Outdoor Activity

The Scandinavian countries have a tradition of living

with nature and in the outdoors, and therefore they are very active people. The Norwegians have coined the term “Friluftsliv”, originally created by Henrik Ibsen, famous Norwegian writer, dramatist, and poet. The term “Friluftsliv” cannot easily be translated into foreign languages, but refers to a philosophy of living with nature and physical activity outdoors. You will see parents go skiing with their two-year-old children during wintertime and hikers spending time in the mountains where shelters wait for the tired mountaineers throughout Scandinavia. Norwegian kindergarten children are outdoors for at least two hours per day – rain or shine. Approximately 70% of Danish children cycle to school, and many adults cycle to work as well. The city of Odense in Denmark is known for their bicycle highways, changing facilities and bike racks at the workplace. As a result, obesity rates hover around 10%, which is markedly less than in the U.S.

The Arabian Gulf: Lifestyle Disease Epidemic

A number of countries in the Arabian Gulf region are faced with rapidly rising rates of obesity and diabetes. In the United Arab Emirates diabetes prevalence is estimated at 20-25%, while numerous researchers suspect much higher rates as reliable epidemiological studies are lacking. The pace of urbanization and sudden change in lifestyle from nomadic bedouins to sedentary modernized societies has come at a high cost to health. This development is augmented by the social traditions of big meals and endless hours of sitting and conversing amongst family and friends. Exercise or doing something for oneself is not as highly valued in Arab cultures. In addition, the environment is not very supportive with regard to

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healthy lifestyles: extremely hot climate, infrastructure nearly exclusively catered to automobiles and an increasing number of fast-food restaurants (local and foreign). However, on a positive note, the social gatherings and family networks are surely enhancing social and emotional health.

China & India: Economically Powerful or Disease-Sticken?

All too familiar is the relentless economic growth of both China and India. But not as well-known are the dire predictions for these countries in terms of chronic disease and the related cost burden. Too little attention is spent on the health of its population compared to the economic indicators. The troubling increase in chronic disease among the middle class, especially among children, works against some of the more healthy traditions. In China, literally millions of people go to the park in the early morning to engage in various sorts of exercises (e.g., Tai Chi) promoting their physical and spiritual health. According to ancient Indian literature, health is a complex concept in which our mental wholesomeness and physical well-being are fused in an inseparable manner. Religious traditions also play a key role for the well-being of people: waking up early to take a walk to the river for daily ablution performing "Surya Namaskara" and circling the temple premises are the vernacular version of current exercise patterns to enhance health.

Negative By-Product of Globalization

The health-enhancing aspects of local cultures need to be harnessed and promoted while more education and raising awareness is needed to reduce the impact of the negative ones. But we do have certain global trends, which are alarming, e.g., the rise in unhealthy lifestyles amongst children. Decreasing activity levels, increasing use of television and computer games, ongoing tobacco consumption (rising in developing countries), persisting drug abuse, etc. are outweighing the achieved improvements in the area of infectious diseases. This trend may qualify as one of the negative by-products of globalization – next to the many positive ones – and should make us, as health promoters, work closer together internationally.



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“Finding Joy in the Journey with Alzheimer’s”

by: Cindy Crosthwaite, RN

An estimated 4.5 million Americans have Alzheimer's disease. The number of Americans with Alzheimer's has more than doubled since 1980.¹ In a Gallup poll, 1 in 10 Americans said that they had a family member with Alzheimer's and 1 in 3 knew someone with the disease.² The National Institute on Aging indicates that annual direct and indirect cost of caring for individuals with Alzheimer's disease is at least \$100 billion.³ In a report commissioned by Alzheimer's Association, Alzheimer's disease costs American business \$61 billion a year, with \$24.6 covering health care and \$36.5 billion covering costs related to caregivers' lost productivity, absenteeism and worker replacement.⁴

These statistics do not give us much to smile about but there is pleasure and joy that lies within each individual with Alzheimer's. It does not always look or sound like what we might imagine joy to be but if

¹Hebert, LE; Scherr, PA; Bienias, JL; Bennett, DA; Evans, DA. "Alzheimer Disease in the U.S. Population: Prevalence Estimates Using the 2000 Census." *Archives of Neurology* August 2003; 60 (8): 1119 – 1122.

² 1992 Gallup survey of 1,015 individuals.

³ Ernst, RL; Hay, JW. "The U.S. Economic and Social Costs of Alzheimer's Disease Revisited." *American Journal of Public Health* 1994; 84(8): 1261 – 1264. For the \$100 billion annual cost, this study cites figures based on 1991 data, which were updated in the journal's press release to 1994 figures. Cited in *2001 – 2002 Alzheimer's Disease Progress Report*. National Institutes of Health publication number 03-5333, July 2003; p. 2

⁴ Koppel, R. Alzheimer's Disease: The Costs to U.S. Businesses in 2002. Washington, D.C.: Alzheimer's Association; 2002.

we use our skills as health promoters, we have the opportunity to help unlock the secret paths to a person's soul. We can unleash a content heart, peacefulness, serenity and joyfulness! What gifts to share with a person as they bridge from this life to the next!

People are wonderful, unique individuals. No two people will experience Alzheimer's disease the same way. Alzheimer's can be a very frightening and frustrating disease, not only for the person that has been diagnosed, but the family, friends and health professionals that care for that person. It is important to understand what Alzheimer's is, the different stages of the disease and current research and treatments. This information helps family, friends and caregivers understand why a person may act or respond as they do. Perhaps it is even more important to learn how to incorporate a holistic approach in the life of the person with Alzheimer's.

A holistic approach focuses on optimal attainment of the physical, mental, emotional, social and spiritual aspects of health. If someone has a physical impairment that limits mobility, say an amputated leg, that person's value is not diminished. They still work on all aspects of their total health and well-being, making adjustments as needed, to live a full and purposeful life. Why do we not use a more holistic approach with Alzheimer's patients? I suggest that it is simply because we do not know what to do

There are a number of simple, pleasant memory inducing activities that can create peace and joy, for not only the Alzheimer's patient but also those that care for them. It is clinically proven that effective care and support can improve quality of life for individuals AND their caregivers. Merely tapping into what is scientifically proven for whole health is a great way to begin. Here are a few, practical ways to get started:

Physical- Movement is Medicine

Allow as much safe movement as possible. Restricting activity can cause agitation. Physical movement helps promote rest. Add music (patient's choice-Beetles to Beethoven – whatever makes them smile) and watch the feet start tapping and the hands start clapping-sometimes they get the hips get swinging, too! It is good for the body and spirit to move! Even a simple walk can do the trick! Don't forget the importance of using ALL the senses-hearing (music), seeing (old photos), touch (a pet or massage), smell (lavender-calms, popcorn/cookies increases a frail appetite), taste (ice cream!

Chocolate! Coffee! Whatever brings joy to the taste buds.)

Mental- Use it or lose it!

It might be a simple puzzle, it might be running a vacuum (which can be good physical activity, too!), it might be washing a few dishes, folding laundry or encouraging other life skills, don't over demand but allow "purposefulness:" in the present.

Emotional- Sit down and reminisce with an Alzheimer's patient. Yes, you have "heard" their stories a thousand times before, but sit down, clear your mind and listen, ask questions, appreciate and honor that person's past. You will learn valuable information about what they value and what their fondest memories are. Sometimes they may shed a tear or give a good belly laugh, it helps them feel alive! Then watch them relax, too!

Social-K(eep) I(t) S(imple) S(weetie)!

Help keep them connected with friends and relatives. Make sure they are staying connected in a safe, low stress environment. (Watch out for holidays and large family gatherings! Less is More-don't overwhelm the social limits of an Alzheimer's patient and/or the caregiver! Everyone will get hostile and disoriented!) Stay flexible and patient.

Spiritual- Amazing Grace

It never ceases to amaze how calming a simple prayer calms a worried, anxious and/or angry soul. Sometimes the patient says the prayer; sometimes you can offer words of gratitude. Peace be with all!

These are just a few simple interventions that can have a positive effect on a person with Alzheimer's disease total health without all the side effects of "another pill for them to take" - and the cost? PRICELESS!



Cindy Crosthwaite is a Registered Nurse with over 35 years of health and education experience. It is through her hospice training in the early 80s that she became passionate about finding joy in the journey of everyday. She currently works with Tri-Health in Cincinnati, Ohio as the Supervisor of Executive Health, serves on the Healthy Ohioans Business Council and does public speaking. She is a certified Conscious Body and Mindful Coach and a NIA teacher. Contact Cindy at ccross30@aol.com or 513.254.864.



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National Wellness Conference
has shaped and advanced the wellness field
by bringing together countless
professionals, pioneers and visionaries

come be a part of what's next

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“Cardio Challenge Marathon”

by: Royal E. Wohl, PhD, CHES

When the weather turns colder many people move their exercise to indoor pursuits or keep their outdoor activity closer to the exercise facility. Others just prefer the comfort of being indoors throughout the year. Running around an indoor track or hitting the stair stepper are great ways to stay in shape. These activities can become monotonous, however, so having an activity to spice things up a bit will help keep your program participants from getting bored. The Cardio Challenge Marathon may be just the event to provide your regulars with the change of pace they need and entice others to join in 26.2 “miles” of fun. It is self-monitored, can a one-day event or completed at virtually any time, provides a great workout and keeps your program highly visible.

The following activity was designed around a university athletic complex, which included a basketball gymnasium with indoor track, adjacent parking lot, tennis courts and a weight room. It can easily be adapted to meet the components of your facility, as well as the level of difficulty you desire. Participants who can't initially finish the event in one attempt can work up to it, just as if they were training for a marathon and pointing toward a “race” day.

The Cardio Challenge can be printed on index cards (front and back) so each participant can easily carry them around and mark off every mile they finish. It is recommended that participants complete each of the following activities with a partner, in the order listed. The names of the locations would need to be changed to match your facilities. If the weather is not cooperating, substitute the few outdoor locations to inside stations. For example, the outdoor tennis courts could easily become the indoor basketball courts.

<u>Mile marker</u>	<u>Location</u>	<u>Activity</u>
___ 0-1	Petro Center	Create your own 5 minute warm-up (use music if you want to).
___ 2-3	Outside	Find any bench. Do 20 step-ups (10 each leg).
___ 4-5	Tennis Courts	Walk/jog the perimeter of the Tennis Courts.
___ 6-7	Tennis Courts	Side-slide once around an entire tennis court. Alternate the leading leg every time you go in a new direction.
___ 8-9	Outside	Sprint the entire length of the Petro main parking lot, up and back (300 yards total). Stay on the sidewalk next to the building to avoid traffic.
___ 10	Gazebo	Sit in the Gazebo east of the tennis courts and relax for 2 minutes. Give your partner a compliment.
___ 11	Outside	Walk/jog until you find a flower, pinecone or some other significant vegetation. Study it for a minute.
___ 12-13	Weight room	Bench Press (2 sets of 10 reps). Alternate that with 1 minute on a stationary bike, treadmill, or jogging in place (e.g. bench press, bike, bench press, bike).
___ 14	Weight room	Perform 20 calf raises on each leg. Hold onto a bar for balance. Use a dumbbell if you want.
___ 15	Weight room	Find a mirror and perform 3 “muscle poses” for your partner. Laugh at each other. Find a water fountain and get a cold drink of water.

___ 16	Petro Center	Find 2 large poles on lower level. Run 10 figure 8's around them.
___ 17-18	Petro Center	Find the NE stairs. Jog or walk up the stairs 5 times and down the stairs 5 times.
___ 19-20	Lee Arena	Walk/jog 2 laps (2/10 mile) inside on the track around the basketball court.
___ 21	Lee Arena	20 pushups or whatever you can do. Use good form!
___ 22-23	Lee Arena	20 body weight squats or lunges. 20 jumping jacks.
___ 24-25	Lee Arena	2 sets of 20 ab crunches (front and obliques).
___ 26	Lee Arena	Stretch out for 5 minutes or as long as you want.
___ 26.2	Lee Arena	Congratulations, you made it! High five your partner, get a cold drink and sign autographs.

The Cardio Challenge can be a fun way for people of all fitness levels to exercise together. Those in great shape can use it as an “active rest” day and participate with those just rounding into better shape or just beginning an exercise program. It can also be a way for people to gauge their condition and, if not where they would like it to be, take on the “challenge” to complete the event. In addition, the Cardio Challenge can be adapted for persons with various disabilities or limiting conditions, so all members of your fitness facility can participate.

Providing certificates to those completing the marathon enhances their sense of accomplishment and provides an easy way to advertise your program. Participants can hang them on their office wall and show off their achievement. Pump up the interest for marathon day, design a good route and let the fun begin.

Dr. Wohl is an Associate Professor of Health Education at Washburn University in Topeka, KS. His responsibilities include teaching health education courses within the Department of Health, Physical Education and Exercise Science and coordinating the university required Lifetime Wellness course. His professional interests are in wellness and fitness, health promotion, cancer education, and men's health.



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Cover the Uninsured Week 2007

Let's Get America's Kids Covered

This year, Congress is scheduled to vote on the reauthorization of one of the most important programs to protect America's children. The State Children's Health Insurance Program (SCHIP) provides health coverage to 6 million kids who would otherwise go without coverage.

That's why **Cover the Uninsured Week 2007 (April 23-29)** will focus on promoting the importance of children's health coverage and demonstrating broad support for SCHIP. Before and during the *Week* there will be a groundswell of activities around the country to show the success of SCHIP, highlight the need for children's health coverage programs, and continue to press for coverage for all uninsured Americans. Activities will include press conferences, community forums, health and enrollment fairs, seminars for small businesses, campus events, faith-based activities and more.

The National Wellness Institute is proud to be a national supporter of *Cover the Uninsured Week*, and we encourage our members to plan or participate in activities that focus on the importance of providing coverage for uninsured children.

Now in its fifth year, *Cover the Uninsured Week* brings together business owners, union members, educators, students, patients, physicians, nurses, faith leaders, congregants and many others and organizations in all 50 states and the District of Columbia to demand that our nation's leaders find solutions for the more than 46 million Americans living without health insurance. What started as a week-long effort in 2003 to raise awareness has become a nationwide movement to make sure that this issue is a top national priority. Each year, *Cover the Uninsured Week* gains momentum as thousands of people organize events and activities on behalf of America's uninsured.

There are many ways you can help support *Cover the Uninsured Week* this year. Whether you write a letter to the editor of a newspaper, convene a community forum or help enroll eligible children in SCHIP, your help will make a difference. Please visit www.CoverTheUninsured.org to register and

promote your events, download free planning materials, and find out more about how you can help.

Michael Arloski, PhD, PCC and NWI's Interview with Him



Lasting lifestyle change.

This is the focus for the work of Dr. Michael Arloski and his company, Real Balance Global Wellness Services. Giving people worldwide the tools and the allies to positively impact their health through effective behavioral change is the mission.

Michael Arloski, Ph.D., PCC, is endlessly fascinated with how behavior, culture, environment and human heart and soul interact. Asking the perennial question "Why don't people do what they need to do for themselves?" , he has brought the concept of individualizing wellness into the mainstream through wellness coaching. Author of some of the earliest articles on wellness coaching, he is now the author of the Whole Person Associates book *Wellness Coaching For Lasting Lifestyle Change*.

A licensed psychologist, professional certified coach (PCC), and consultant with over 25 years of pioneering contribution to the wellness field, Michael has presented seminars, keynotes and consultations on four continents, pursuing his mission of taking the concept of wellness worldwide.

Dr. Arloski's work has always involved working with individuals and groups, and has now evolved ways of helping organizations to grow their visions of health and wellness into concrete reality. Consulting and training with hospitals, companies and spas around the world, his company's *Wellness Mapping 360*[®] training program is for those who want to take leadership in creating a healthier world for all.

Dr. Arloski is also the Director of Wellness

Coaching for The Institute for Life Coach Training, and for HealthWorld Online. He is past president of the Northern Colorado Association for Training & Development, past president of the Ohio Society for Behavioral Health & Biofeedback and the Colorado College Counselors Association. He received advanced training through The Coaches Training Institute and is a member of the International Coaching Federation.

He has presented more than twenty times at The National Wellness Conference in Wisconsin. Michael and his wife, Deborah, work, live and play together in Fort Collins, Colorado.

NWI: How did you break into the wellness and coaching fields?

Arloski: I initially was attracted to how self-actualization was related to psychology. I was also interested in the field of holistic health and biofeedback. I realized issues such as stress management and weight control could be influenced by the mind-body connection. In 1979, I was sent to the National Wellness Conference through Miami University, and I was amazed by the enthusiasm of the people and energy of the conference. The participants exhibited healthy behaviors and were eager to promote healthy lifestyles to others. After the conference, I took back what I learned to Miami University and developed wellness and health promotion programs for students. I then became actively involved with the National Wellness Conference and have been a presenter of wellness and coaching programs for the past 20 years.

NWI: How did you help the fields of wellness and coaching come together?

Arloski: It was a very natural evolution for me, since I was so involved in wellness and had evolved my own work from therapist to coach. I was one of the first people to start presenting on the topic of wellness coaching at the National Wellness Conference. Wellness coaching was an exciting new method of working with people, in which the coach is an ally to help facilitate change rather than prescribing lifestyle changes. I began writing about wellness coaching early on and working to build the field.

NWI: What types of people take advantage of your services?

Arloski: A variety of people utilize wellness coaches. For example: individuals who attempted a behavior change such as weight loss, but failed to be

successful in meeting their goals may really benefit from working with a coach. Also, people who have received a “lifestyle prescription” from a health practitioner and need help implementing these changes into their lives. Behavior change is hard to achieve on your own. A wellness coach provides the tools and skills to help people be successful with lasting lifestyle changes.

NWI: What background is helpful for people who want to be coaches?

Arloski: Having a healthcare background or possessing human helping knowledge is helpful in this profession. Receiving adequate coached training from an accredited coach training school is the most important thing.

NWI: What really excites you about the impact coaching can have on the healthcare industry?

Arloski: Most developed nations around the world are facing healthcare problems related to lifestyle choices. If coaches could positively impact peoples’ behavior, we could significantly reduce healthcare costs and improve peoples’ quality of life. Overall, well-trained wellness coaches will help people improve health and make it last.

NWI: Your book *Wellness Coaching For Lasting Lifestyle Change* appears to be the first major book written on wellness coaching. Please tell us about it.

Arloski: This was a challenging and exciting opportunity for me to write my first book on wellness coaching. *Wellness Coaching For Lasting Lifestyle Change* brings together areas of wellness, the art and science of health promotion, and coaching to facilitate behavior change. I felt that the growing field of wellness coaching needed a reference that other people can build on. Anyone can benefit from reading this book, but it is mostly geared to health professionals.

NWI: How do you see wellness coaching making a real difference in how health and wellness professionals work with people?

Arloski: Health and wellness professionals who are well trained in wellness coaching will be able to work together more effectively with their patients. People don’t have to change their professions to become wellness coaches. They can learn the skills and implement their knowledge in their own careers. Wellness coaching involves a mindset shift. Instead of what I call “prescribe and treat” or “educate and implore”, the coach approach is to “advocate and inspire”. Wellness professionals love the shift

towards the client taking on greater responsibility for their own health.

NWI: How has your own health and wellness journey influenced your work?

Arloski: The challenges I have faced in my personal health and wellness journey have taught me essential qualities, such as compassion and empathy for others. Last year, I experienced heart valve complications that led to major open-heart surgery. While recovering in the hospital, I realized the human element is so important in the role of health and healing. The value of connection with people around you is an instrumental key to behavior change and living healthy and well.

NWI: At the National Wellness Conference this summer you are doing a Pre-conference Certificate Program on “Wellness Mapping 360”. Please tell us more.

Arloski: “Wellness Mapping 360” is a wellness coaching skills training program. It provides health and wellness professionals with the tools, skills techniques, and theory to expand the way they work with people. It’s a concise program that plans a journey, goals, and involves personal assessment to map out a course leading to lasting behavior change. This course is open to re-adjustment and continuously evaluates one’s progress with measurable outcomes. Participants of this program can expect a sound curriculum, opportunity to practice new skills, and a tool kit with easy-to-apply tools of elicitation.

Michael Arloski, PhD will be presenting a certificate program at the 32nd National Wellness Conference, entitled “Wellness Mapping 360 Coach Certificate Training”. This program is taking place July 14-15, 2007, 8:00-5:00.

“Starting a Menopause Coaching Service: A Hot Opportunity”

by: Debbie DeAngelo, RNC, BSN

If there were a service that, not only filled a health need in your community, but also focused on health promotion, generated referrals to your physicians and provided a gateway to your other services, wouldn’t you want to offer it? We at Hamot Health

Connection, a hospital-affiliated family wellness center in Erie, Pennsylvania, launched menopause coaching. Additionally, we offer health and fitness classes, a multimedia library, therapeutic massage, acupuncture, acupressure, prenatal programs and lifestyle coaching.

For the past 11 years, menopause coaching has bridged the gap between the amount of time and information given in a doctor’s office and the amount of time and information menopausal women desire. It is an attractive option for women transitioning through natural menopause and those plunging into sudden menopause due to hysterectomy, cancer treatments and premature ovarian failure. Although this service is by self-referral, many physicians, nurses, mental health counselors and occupational health professionals refer their clients and employees.

After a woman contacts us, we mail her an extensive health questionnaire that assesses physical and emotional well-being. Topics addressed include menopausal symptoms, nutrition, exercise, sleep, stressors and coping mechanisms, health screenings, personal and family history, risk of chronic disease, medication and dietary supplements. If she is using vitamins and herbs, we ask her to bring them to the appointment.

Once the questionnaire is reviewed by a registered nurse certified in women’s health, a customized information packet is assembled, and an appointment scheduled. During the one-hour session, the client and nurse devise a “life plan” that will not only place her on the wellness path, but also manage her menopausal symptoms. A typical appointment usually encompasses lifestyle and dietary counseling, early identification of underlying medical problems, referrals to healthcare providers, and supplement and medication advice. Emphasis is placed on prioritizing health goals and attaining them via baby steps so long-term change is more likely. The client leaves with a clear understanding of what it takes to invest in her health and the payoffs that can be associated with it. Even though the onus is on the client, the nurse manages her case by periodically making follow-up calls and appointments as needed. The client is encouraged to call the nurse with questions or provide a progress report.

Menopause coaching is self-pay and inclusive of phone support. Initially, marketing efforts included listing the service in our class brochure and newspaper ads and distributing pamphlets to healthcare providers and women utilizing our other

services. After 11 years, word of mouth boosts our volume the most.

Getting Started

Consider the following issues when getting menopause coaching off the ground.

Clinical support. Meet with gynecologists and family practice doctors, nurse practitioners and physician assistants for input on what educational needs their menopause patients have and how you can augment their educational efforts. This step will cement future referrals.

Staffing. Who will provide the actual coaching? Registered nurses certified in women's health or menopause education are a good choice.

Menopause questionnaire. Explore health profiles that can be purchased or devise one of your own. Also develop a documentation form.

Literature. Use written information that reinforces what you've told them and also introduces topics you did not have time to review. Develop a small lending library of menopause books and assemble customized packets of pamphlets that you give women during their appointment.

Budget. Determine how much money you need to begin this service. Consider staffing, marketing, office space and educational materials. The fee for service will be driven by customary prices in your region.

As you can see, the benefits of menopause coaching abound. Whether you are a corporation looking to contain medical costs and boost productivity by referring to menopause coaching or a healthcare organization looking to enhance women's services and direct referrals back to your network, this service is a worthy one. Menopause coaching is simple to offer, generates indirect and direct revenue, and cultivates a relationship with the very people who are the healthcare brokers of their families.

Not providing it is a missed opportunity, because menopausal women are clamoring for one hour of individualized education and coaching. Offer it, and they will come.

Resources

North American Menopause Society-www.nams.org
Association of Women's Health, Obstetric and Neonatal Nurses-www.awhonn.org
National Women's Health Resource Center-www.healthywomen.org
National Center for Complementary and Alternative Medicine, NIH-www.nccam.nih.gov

ConsumerLab.com-www.consumerlab.com.

Debbie DeAngelo, RNC, BSN is a health educator at the Hamot Health Connection in Erie, Pa., where she provides menopause and wellness coaching and manages a variety of services. Additionally, she is author of the book "Sudden Menopause," a health columnist for the Erie Times News, hosts a weekly health segment on FOX-TV and is a national health and motivational speaker. Debbie can be contacted at Debbie.DeAngelo@Hamot.org.



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Your Birthright to Move

By: Lisa Medley, MA, CMT

You are born feeling comfortable in your own skin. You come into this world moving and shaking, stretching and dancing, squirming and wiggling. At this point in your life, you have access to a dynamic range of expression. You have the power to skip delightfully, stomp powerfully, and shimmy playfully. You do all this without inhibition. You do not care who is watching or what they are thinking. You are being yourself, naturally. You feel free from the inside out.

The natural ease of your body is maintained when there is freedom to move, shake, lift, and stretch. This doesn't occur just in the muscles; also in the joints, organs, the multiple articulations of the spine, and the elongation of the connective tissue. When all systems and structures of your body are working cooperatively, your energy is flowing and a state of radiant health is experienced. This is your birthright.

Forgetting and Remembering

As life's events occur, it is natural to be thrown off balance from time to time and experience dis-ease, too much of one thing and not enough of the other, on any level of being. On the physical level, if

chronic imbalance exists, your body may “forget” all the choices that are available for health. Pain, tension, limited range of motion, and disease are all possible outcomes. The perspective of “that is just how it is” or “I will always have to live with that (limitation)” can result.

The good news is that it is possible to remember your natural, and fluid, state of ease. Your body’s architecture shows you. The human body is comprised of mostly water. (It is acknowledged that the body is more than pure water. It is made of proteins, chemicals, hormones, etc. For the purposes of this perspective, the emphasis is on just how fluid the body truly is.) Deane Juhan, a massage therapist, states, “The human body was invented so water had a means to walk on the earth.” Note that the term, “body of water,” is used to describe our oceans, lakes, rivers, and reservoirs. Reflect that the majority of our planet Earth is mostly water; so are we.

Gifts of Movement

A powerful way to access your fluid nature is to move. When you move, you honor your body’s natural design. You remember what it feels like to feel free, comfortable in your own skin, and at ease. You experience your body as a three-dimensional entity, rather than a human sandwich board with just a front and a back. As you move, you can literally “melt” stagnant and stuck areas, improve health, and enhance the flow of energy.

Your body is also a mirror. It reflects over 50% of communication non-verbally. Do you know what it says? Reclaiming your ability to move fluidly allows you to reclaim your dynamic range of self-expression and provides you with choices in your posture, your gait, and your grace.

Movement can also cultivate a more loving relationship to your body. Rather than viewing parts of your body as separate from you and keeping them shut down or shut off, what would it be like to befriend areas that are “stuck” or diseased? The first step in any relationship is getting to know the “other.” In this case, it is your body. When your body is in pain, it is a call to pay attention. When you listen and reintroduce movement the way your body is designed, it thanks you.

Embody Ease

To remind yourself of your birthright, try this guided visualization:

Place your body in a comfortable position and close your eyes. Bring to mind your favorite body of water. Take a few relaxing breaths. Imagine transferring 75% of that water into your body. Begin to move your hands like they are small waves. Breathe. Now send that gentle wave-like movement up into your arms so they now feel as if they are made of water. Bring this fluid feeling into your torso, your legs, and slowly into your whole body. Imagine that your skeleton is floating in your body. Come to standing slowly and begin to move in the space like you are that body of water. Feel that with each step, you are pouring the water from one side of your body to the other. Experience this natural state of ease from the inside out.

Imagine the impact on your world to experience yourself from your true nature. “Going with the flow” can become a physical reality, not just a nice idea. Reclaiming and remembering your birthright to move allows you to feel comfortable in your own skin, literally and figuratively.

Lisa Medley draws on 15 years experience in movement/dance, therapeutic massage, expressive therapy and counseling, and life and wellness coaching to inform her work and philosophy. Lisa is the creator of Free the Inner You™ and believes that movement can create people to create more peace with their bodies and, in turn, create more peace in the world.



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10% Discount on Whole Person Associates' Resources

NWI members received a 10% discount on all resources from Whole Person Associates' when ordered online at their website

<http://www.wholeperson.com>. To be eligible for the discount, register online at the WPA website. Go to <http://www.wholeperson.com>.

Online Bookstore for NWI Member Needs

WPA has collaborated with the National Wellness Institute to develop the [National Wellness Conference bookstore](#) on its website.

The bookstore features select resources from recent conferences. These resources are geared to meeting the specific needs of NWI members. The bookstore will be updated periodically. WPA welcomes NWI member recommendations for the online bookstore by email at books@wholeperson.com.

Resources

Whole Person Associates offers books, relaxation audiotapes, educational video programs, handbooks, reproducible worksheets, PowerPoint presentations and more for professionals working with individuals and groups on stress management, wellness, and workplace issues. Free samples of structured exercises in stress management, wellness promotion, and working with groups on a variety of wellness issues are available free at the WPA website www.wholeperson.com.

Upcoming Events

The IHPM Third Annual Health Management Conference

Managing, Health, Risks, and Disease

March 21-23, 2007

Hyatt Grand Cypress

Orlando, FL

17th Annual Art & Science of Health Promotion Conference

March 28-31, 2007

Moscone Center, San Francisco, CA

American Journal of Health Promotion

1120 Chester Avenue, Suite 470

Cleveland, OH 44114

(248) 682-0707

10th Annual Community-Campus Partnerships for Health Conference

"Mobilizing Partnerships for Social Change"

April 11-14, 2007

Toronto

Community-Campus Partnerships for Health

Seattle, WA

(206) 543-8178 www.ccph.info

SCAN'S 23rd Annual Symposium 2007

April 13-15, 2007

Renaissance Austin Hotel

Austin, TX

(800) 249-2875

http://www.scandpg.org/meeting_event.php

The 4th Annual World Health Care Congress

April 22-24, 2007

Washington Convention Center

Washington, DC

World Congress

500 Cummings Park, Suite 5200

Woburn, MA 01801

(800) 647-7600 www.worldcongress.com

2007 National Health, Wellness & Prevention Congress

April 30 - May 2, 2007

Venetian – Las Vegas

Consumer Health World

(804) 266 7422 www.nhwpc.com

21st Annual Pharmacology and Clinical Update

May 3-5, 2007
Radisson Hotel/ La Crosse Center
LaCrosse, WI
Wisconsin Nurses Association
Madison, WI
(608)221-0383

92nd Annual American Occupational Health Conference

May 6-9, 2007
New Orleans LA
American College of Occup. & Environmental
Medicine
Elk Grove Village IL
(847)818-1800 www.acoem.org

WordatWork Total Rewards Conference & Exhibition 2007

May 6-9, 2007
Walt Disney World Swan and Dolphin
Orlando, FL
WorldatWork
14040 N. Northsight Blvd.
Scottsdale, AZ 85260
www.awlp.org

New Orleans is Jazzed for ACSM'S 54th Annual Meeting

May 30 - June 2, 2007
New Orleans, Louisiana
American College of Sports Medicine
Indianapolis, IN
(317)637-9200 www.acsm.org

15th Annual Congress on Woman's Health

June 2-5, 2007
Hilton Head Marriott Beach and Golf Resort
Hilton Head Island, South Carolina
BioConferences International Inc
140 Huguenot Street
New Rochelle, New York 10801
(800) 524-6266
<http://www.bioconferences.com/conferences/Women'sHealth/index.aspx>

Seattle is Destination for 2007 National Health Education Conference

June 6-9, 2007
Renaissance Hotel, Seattle, WA
(202) 408-984 www.sophe.org

"Changing Face of Health Education and Health Promotion"

June 7-9, 2007
Seattle, WA

Society for Public Health Education
Washington DC
(202) 408-9804 www.sophe.org

2007 National Mental Association Annual Conference

June 7-9, 2007
Washington DC
National Mental Health Association
Alexandria VA
(800) 969-6642 www.nmha.org

18th Annual Renewable Energy and Sustainable Living Fair

June 15-17, 2007
Custer, WI
Midwest Renewable Energy Association
(715)592-6595 www.the-mrea.org

AHIP'S Annual Meeting 2007

June 20-22, 2007
Wynn Las Vegas
Las Vegas, Nevada
www.ahip.org/conferences
America's Health Insurance Plans
601 Pennsylvania Avenue, NW
South Building, Suite 500
Washington DC 20004
(202) 778-3200

IDEA World Fitness Convention

July 5-9, 2007
San Diego, CA
(800)999-4332 www.ideafit.com

81st Annual ASHA School Health Conference

July 9-13, 2007
Honolulu, Hawaii
ASHA
Kent, OH
(330)678-1601 www.ashaweb.org

2007 National Wellness Conference

July 14-19, 2007
University of Wisconsin Stevens Point
National Wellness Institute
(800)243-8694 www.nationalwellness.org

2007 National Conference on the Social Norms Approach

July 15-17, 2007
Cambridge, Massachusetts
Hyatt Regency Cambridge
Life Educational Company
Toronto, ON Canada
(815)753-9745 www.socialnorms.org

Additional Event Listings

Online at the NWI-Member Website

Conference Calendar

Log on to the NWI member website at <http://www.nationalwellness.org>. Select "Upcoming Conferences" at the NWI-Member home page.

*2007 National Health Observances Calendar**
<http://www.nationalwellness.org/pdf/2007hoc.pdf>

*(Requires Adobe Acrobat Reader to open this document. Download Adobe Acrobat Reader free at <http://www.adobe.com/products/acrobat/readstep2.html>)

Career Resources— Job Opportunities and HPCareer.net

NWI-member Online Job Connection

Below are two of the job openings currently listed in the NWI-member online Job Connection. For a complete listing of jobs posted, see the Job Connection at the NWI-member website—also accessible by logging on at <http://www.nationalwellness.org> and then selecting Job Connection. To post a job at no cost in the NWI-member online Job Connection, submit by emailing to members@nationalwellness.org.

MBSconnect (Mind, Body, Soul Connect)

is a wellness company that is serving as a bridge between the wellness world and the world-at-large. MBSconnect's vision is to offer comprehensive, interactive, and easy-to-use wellness resources to help America be well.

MBSconnect seeks *compassionate* and qualified wellness providers* nationwide to be part of America's "wellness revolution." Opportunities include: being a wellness presenter on our corporate wellness teams; representation by MBSspeaks, our speaker's bureau; retailing your self-authored

products online; joining our executive coaching corps and/or our corporate retreat team. Your enrollment fee entitles you to these opportunities based on credentialing and experience, and includes a extensive profile on our website - www.MBSconnect.com - as well as the ability to post articles and list events.

*Wellness Providers include such areas as:

Acupuncture ~ Art Therapy ~ Biofeedback ~ Chiropractic ~ Counseling/Psychotherapy ~ Dance/Movement Therapy ~ Ergonomics ~ Energy Medicine ~ EFT ~ Emotional Intelligence ~ Executive Coaching ~ Feng Shui ~ Flower Essence ~ Guided Imagery ~ Homeopathy ~ Integrative Medicine ~ Intuitive Counseling ~ Life Coaching ~ Kinesiology ~ Martial Arts ~ Massage Therapy ~ Meditation ~ Music Therapy ~ Naturopathy ~ Nutrition ~ NLP ~ Occupational Therapy ~ Oriental Medicine ~ Personal Training ~ Physical Therapy ~ Pilates ~ Reflexology ~ Reiki ~ Roling ~ Tai Chi Chuan ~ Spiritual Coaching ~ Yoga ~ MORE...

For more information, contact Lisa Medley, NWI Member and MBSconnect Provider and Outreach Coordinator at lisamedley@mbsconnect.com and (401) 826-2020 (RI, EST). A Wellness Provider Information Packet and weekly live informational calls are available.

Health Promotion Manager West Palm Beach, FL

Health Fitness Corporation has an exciting and unique opportunity available for an experienced **Health Promotion Manager** at our client corporate headquarters in Juno Beach, FL. This premier program consists of a 18,000 sq ft facility complete with a variety of cardiovascular equipment, a full line of Cybex VR2 and Eagle equipment, free weights, hydra fitness circuit, aerobics studio, outdoor fitness trail, dry sauna and more. This location is unique in that there are two acute care Health Centers onsite, as well as an Employee Assistance Program. Serving over 1300 members 6 days a week, this program incorporates Ergonomic education and workstation assessments, Back Safety classes, Health Fairs, massage therapy, fitness incentives and benefits. This position will provide a motivated self starter the opportunity to get involved with a highly regarded, established program that has a very progressive vision.

Responsibilities: This key individual is responsible for contributing to all day-to-day operations in accordance with HFC protocols and for providing innovative ideas, leadership and direction for the comprehensive programming at the facility. This person will be responsible for coordination of biometrics and health risk assessment services; planning, implementing, and evaluating all wellness promotion activities and facilitating group and individual behavior change programs; collection and reporting of employee participation; measurement of program effectiveness; management and updating of the online health website content; and management of client allocated wellness resources. Additional responsibilities will include program marketing; ergonomic assessments, development of the wellness program business plan; and working closely with the client health unit, benefits and human resources representatives.

Qualifications: Job requirements include a bachelor's degree in Health Promotion or related field, 3 - 5 years corporate experience and CPR/First Aid/AED certifications required. Additional requirements include demonstrated skill in marketing & promotions, program development and implementation, excellent leadership and customer service skills, quality orientation, attention to detail, budget and financial management and strong organizational, analytical and communication skills. Additional professional certifications (ACSM, ACE, AFFA, and/or CHES) and a certification in Ergonomics a plus.

About HFC

Health Fitness Corporation (HFC) is the leading provider of results-oriented health improvement services to corporations, hospitals, universities and communities. Headquartered out of Minneapolis, Minnesota, HFC delivers fitness and health management services at more than 400 client sites across the U.S and Canada.

How to Contact Us:

The success of HFC is largely dependent on the quality and service provided by our employees. As such, HFC offers its employees a competitive salary and a comprehensive benefits package. If you are interested in a career opportunity with HFC, please forward your resume (including your position of interest and salary requirements) to jobs@hfit.com or fax to (952) 897-5096.



HPCAREER.NET is the official career resource for the National Wellness Institute. It is a web and email-based career resource service, specifically serving job seekers and employers in the health promotion field.

HPCAREER.NET Services for Job Seekers

Professionals and Students: Check out the great job, internship and graduate school opportunities listed with HPCAREER.NET. Consider registering to get career opportunities emailed directly to you based on your qualifications and preferences. There is no cost to candidates to access HPCAREER.NET services. Subscribe to the free HPCN "Career News Weekly" e-newsletter that includes a review of all new jobs, internships and graduate programs advertised through HPCAREER.NET during the previous week.

HPCAREER.NET Services for Employers

Advertise through the HPCAREER.NET system and on their website. Ads are emailed directly to pre-qualified and interested candidates. Currently there are more than 12,000 registered candidates in the HPCAREER.NET system. The fee to advertise a job is \$300 for 8 weeks, to advertise an internship or graduate internship \$300 for 12 months.

For more information, log on to the NWI member Website at <http://www.nationalwellness.org> and select "Job Search".