



*Health & Fitness* Weekly Wellness Message

Happy Monday! Don't forget that this is the week you can get your cholesterol and fasting glucose levels checked. You will need to fast for at least 12 hours prior to the blood draw. If you are on medications, it is okay to take your meds in the morning with water only. **All of the NDU community is eligible to participate.** It will take just a few minutes and Health Fitness personnel will be available to answer any questions you may have. Blood draws will take place from 0700-0830 on the following days:

- 22 - 23 August - West Wing of National War College
- 24 - 26 August - ICAF, Eisenhower Hall, Building 59, Room 107

**GREAT NEWS!** On Friday the 26<sup>th</sup> of August, we will post the weekly sign up sheets for the **Executive Health Assessments/treadmill testing**. Stop by the student mail box area to reserve an appointment. Please take a few minutes to read about what to do in preparation for the testing which will start on Monday the 12<sup>th</sup> of September.

Don't forget that on Friday the 30<sup>th</sup> you can stop by and see us for some information/resources on vaccinations. We will be available from 0800-1300. If you have questions or want to check to see if we have a copy of your shot record, please stop by! We are located in ICAF, room 118.

August is Cataract Awareness Month and Children's Eye Health and Safety Month. Check out [www.preventblindness.org](http://www.preventblindness.org) for some great resources for yourself and your family members. You can click onto the following link and find tips on "Taking Care of Your Sight" for adults, children, and even eye injury prevention: [http://www.preventblindness.org/vlc/your\\_sight.htm](http://www.preventblindness.org/vlc/your_sight.htm). Click onto "Getting Professional Eye Care" towards the middle of the page and you can find out how often you should have an eye exam or click onto "Adult Vision Risk Assessment" to see if you need more immediate attention.

It's also a good reminder to take a minute and think about how we protect ourselves from our environment. Summer can be hot and we tend to protect our skin from the UV rays. Do you protect your or your kids' eyes as well?

Sunglasses can be trendy but make sure they are also functional! The following tips from [preventblindness.org](http://preventblindness.org) can help you choose the best protection for you and your kids:

- When buying sunglasses, look for a label that tells you how much UV radiation the lenses of the sunglasses reflect. Experts say that your sunglasses should block 99-100% of both UV-A and UV-B rays.
- You should also consider wearing a wide-brimmed hat along with your sunglasses. Find a wide-brimmed hat for your child to wear along with the sunglasses.
- Check to make sure the sunglasses fit well and are not damaged.
- Choose sunglasses that fit your child's lifestyle-the lenses should be impact resistant and should not pop out of the frames.
- Choose lenses that are large enough to shield the eyes from most angles.

Want to stay informed about what's happening in Health and Fitness – become a fan of ours on FACEBOOK! Go to <http://www.facebook.com/pages/Washington-DC/National-Defense-University-Health-and-Fitness-Program/128551210497738> and click on "Sign Up."

