



*Health & Fitness* Weekly Wellness Message

It was great to see everyone who came out in support of the blood draws – your heart thanks you! Make sure you check your mailbox during the week of 5 September for a copy of your results along with a letter explaining the numbers. On Thursday the 8<sup>th</sup> of September, Dr. Buller will be giving a brief about the labs/results to ICAF. The brief will be held in the Baruch Auditorium from 0730-0800. A similar brief will be given to NWC on Friday the 9<sup>th</sup> from 0815-0845 in the Arnold Auditorium. Come on out and learn what your specific numbers mean and how Health Fitness can help you meet your goals!

For those who may not be able to attend the brief, come by and visit our Health Fair on Friday September 16<sup>th</sup> from 0800-1300 in Health Fitness (building 59, room 118). September is National Cholesterol Education Month and we invite you to stop by for some free resources on keeping you and your family's heart healthy. We will also have free samples of "heart friendly" cereals available – remember breakfast is the most important meal of the day! Bring a copy of your lab results and we will give you a quick assessment as well as personalized recommendations on how you can improve your numbers. We hope to see you there!

Did you know there are certain diseases or health conditions that can put you at an increased risk for heart disease? Psoriasis is one such disease. August is Psoriasis Awareness Month. Psoriasis, which affects the skin, is the most prevalent autoimmune disease in the U.S. and there are many resources available to help raise awareness and educate the public about this disease. "Fit in Your Skin" is an on-line health and fitness-related program designed to help people living with psoriasis better manage their risk factors and improve their overall health. You can click onto the following link:

<http://www.psoriasis.org/NetCommunity/Page.aspx?pid=1480> to find out more information and about how you can join. If you know someone who has been diagnosed with psoriasis, share this resource with them.

**Upcoming Noteworthy Events:** National Immunization Awareness Month health fair  
Tuesday, August 30<sup>th</sup> from 0800-1300  
Stop by Health Fitness for info/resources

Executive Health Assessments / Treadmill testing  
Starts Monday September 12<sup>th</sup> at 0800  
Sign up sheets are located near student mailboxes

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.”

