



Health & Fitness Weekly Wellness Message

Hope that everyone had a great holiday weekend! Don't forget that Dr. Buller will be giving a brief to ICAF and NWC about cholesterol labs/results on Thursday and Friday of this week. ICAF's brief will be held in Baruch Auditorium on Thursday the 8th from 0730-0800. The brief for NWC will take place on Friday the 9th in the Arnold Auditorium from 0815-0845.

For those who may not be able to attend the brief, come by and visit our Health Fair on Friday September 16th 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!

September 4th through September 10th is National Suicide Prevention Week. This year's theme is "Changing the Legacy of Suicide". Please join Health Fitness in supporting suicide prevention. Together we can reduce the number of lives shaken by a needless and tragic death. Did you know that, in the United States, one person completes suicide every 15 minutes? Or that it's estimated that more than 5 million people in the United States have been directly affected by a suicide? Or that 50% of all persons who die by suicide use a firearm, kept in the home allegedly for safety, to kill themselves?

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. There are services available in our community for the assessment and treatment of suicidal behaviors and their underlying causes.

Together we can reduce the number of lives shaken by a needless and tragic death. Prevention starts with education. Educate yourself on the warning signs so you can be a good Wingman to your family, friends, and co-workers. How do you remember the warning signs of suicide?

Remember this: IS PATH WARM?

I Ideation
S Substance Abuse

P Purposelessness
A Anxiety
T Trapped
H Hopelessness

W Withdrawal
A Anger
R Recklessness
M Mood Change

If you or someone you know is experiencing suicidal thoughts and/or is in a crisis, please call and speak with someone at the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

For a link to wellness resources for the military community, click here:

<http://www.afterdeployment.org/web/guest;jsessionid=A2F1AB880840E460A2BB1A900E072A0E>

For additional information about VA and other organizations' suicide prevention resources and Veterans' issues, click here:

<http://www.veteranscrisisline.net/Resources/AdditionalInformation.aspx>

You may also visit the American Association for Suicidology website for more information: <http://www.suicidology.org/web/guest/home>

Upcoming Noteworthy Events:

Cholesterol Health Fair
Friday the 16th of September
Health Fitness, Bldg. 59, room 118
0800-1300

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."

