Duke Run/Walk Club wants you!

Running and walking are great ways to combat stress and manage your weight. Whether you’re a beginner walker or an experienced runner training for a race, the Duke Run/Walk Club can help you meet your health and fitness goals. Offered every spring and fall, the club is a free, 12-week program available to all Duke faculty and staff at any fitness level. The spring 2015 session began on March 9 and concludes on May 27.

The club meets at 5:30 p.m. at Wallace Wade Stadium on West Campus and at the East Campus wall across from Whole Foods on Broad Street. Groups also convene at 5:00 p.m. at Duke Regional and Duke Raleigh hospitals, as well as in front of the PRMO Building at 5321 South Alston Ave. in Durham at 4:30 p.m.

If you can’t make the group meetings, try the self-reporting option. Participate by working out weekly on your own when it fits your schedule. You can still report your sessions online each week and receive credit for participating.

Benefits of the club include:

- An on-site coach for your group
- Camaraderie and support
- A run/walk interval-training plan for your fitness level
- Access to a free yoga or circuit class each week
- Weekly e-mails with tips, motivation and news about area races and special events

To register or get more info, visit www.hr.duke.edu/benefits/wellness/runwalk.

“I enjoy being a Run/Walk club leader, because I get the opportunity to work with people who want to try something new. Whether it’s starting an exercise plan or trying to run continuously for the first time, participants’ triumphs are my triumphs and that’s a great feeling!”

Taylor Leach,
LIVE FOR LIFE Fitness Specialist
Spring into spring with Duke Fitness Club

Duke Fitness Club offers easy online enrollment for 15 facilities throughout central North Carolina. You choose the gym with the hours, classes and equipment that best suit your needs. You can also take advantage of convenient payroll deduction and no contracts. After three months, you can cancel at any time.

Consider including your entire family in your exercise plan! Many of the facilities offer childcare and activities such as swimming that you can do with your kids. The Jewish Levin Community Center is the newest facility to join our network.

For a list of all participating clubs and more info about how to enroll, visit www.hr.duke.edu/benefits/wellness/fitness.
Instead of a pill: sleep hygiene tips

- Maintain a regular schedule of sleep and wake times, even on weekends. Avoid naps.
- Establish a regular, relaxing bedtime routine. Try deep breathing, meditation, prayer, yoga, herbal tea, a warm bath or shower or listening to calming music.
- Invest in a good quality mattress and make your bedroom cool and comfortable. Wear a sleeping mask or hang lined curtains to shut out light. Block sounds with white noise.
- Reserve your bed for sleep and sex — no TV, reading, or use of electronic devices.
- Avoid caffeine within eight hours of bedtime.
- Minimize consumption of alcohol, especially within two hours of bedtime.
- Finish eating two hours before bed to avoid gastrointestinal distress.
- Consider sleeping solo at least part of the time if your partner snores.
- Exercise regularly and finish a few hours before bedtime.
- Quit smoking; nicotine can disturb sleep.

If you often have trouble sleeping and these tips don’t help, consult your doctor. You could be suffering from a sleep disorder like insomnia or sleep apnea. Many other medical conditions can also interfere with sleep, but most sleep problems can be effectively treated once correctly identified.

Are you sleep deprived?

Adults typically need 7–8 hours of sleep per night, but nearly 30% of American adults report an average of 6 or fewer. Among other health problems, lack of sleep is associated with cancer, depression, obesity, heart disease and type 2 diabetes. Lack of sleep is a significant contributing factor for car accidents, as well as medical and other serious occupational errors.

“Because sleep needs are individual, most folks are unsure how much sleep they ideally need,” says Dr. Ambrose Chiang, Associate Professor of Medicine in the Division of Respiratory and Critical Care Medicine at Duke. He recommends asking yourself three questions to determine if you’re getting adequate sleep:

1. Do you need an alarm clock?
2. Do you need to catch up on sleep over the weekends?
3. Do you struggle to function well in the early afternoon? Most of us experience a normal dip in alertness between 1 p.m. and 3 p.m., but if you often struggle, you need more sleep.

Dr. Chiang adds, “Six or seven hours per night is inadequate for the majority of people. If, however, someone sleeps for 6 hours and doesn’t have the three signs above, this may be all the sleep they need.” Others getting 6–7 hours may need to add just 30 minutes a night to feel good and maximize productivity.
What’s your #1 reason to quit?

Break the habit with help from LIVE FOR LIFE

Each tobacco user has his or her individual reasons for quitting. You might want to be healthier, live longer, look and feel better, cough less, save money, keep your family safe, or set a good example for your kids. You might be tired of the smell of smoke or that food doesn’t taste as good as it did before you started using tobacco.

LIVE FOR LIFE, Duke’s employee wellness program, offers free counseling to help you choose the quitting resource that will work best for you:

- **The Steps to Health Tobacco Cessation Program:** Throughout this 12-month coaching program, you communicate with a LIVE FOR LIFE leader via email or phone or in person. Participants double their chances of becoming tobacco-free!
- **NC QuitNow Telephone Counseling:** Are you ready to quit within 30 days? Speak to trained tobacco quitting specialists who call you back to check on your quitting progress.
- **Prescription stop-smoking aids:** Chantix and Bupropion (Zyban) help reduce the urge to smoke and are available to covered Duke employees, as well as their covered adult dependents.
- **Nicotine replacement therapy:** Discounted drug therapies in the form of a patch, gum or lozenge can help you wean yourself from nicotine.

All Duke faculty and staff with a Duke health plan (as well as their adult dependents) are eligible for cessation programs. Call 919-684-3136, option 1 or visit www.hr.duke.edu/benefits/wellness/tobaccofree/gaso.php.

About the tobacco use surcharge

Duke charges an extra $30 per month to employees covered under a Duke medical insurance plan who smoke, use snuff or chewing tobacco or consume nicotine in any form, including electronic cigarettes. The use of a nicotine patch or gum are not subject to the surcharge. The surcharge also does not apply to dependents. Duke will remove the surcharge when an employee successfully completes a LIVE FOR LIFE tobacco cessation program.

“It seems like light years ago…”

Here’s what one Duke employee says about becoming tobacco-free after 20+ years of smoking:

“Quitting is one of the best decisions I’ve ever made and one of my biggest accomplishments. It seems like light years ago now.”

For most of two decades, this employee was a “social smoker,” but marital problems caused him to increase to a pack a day for about the last year he smoked. He quit cold turkey after only a few telephone counseling sessions through LIVE FOR LIFE. Improved health, no more smoke smell in his car or on his clothes and saving $5 a day are the things he enjoys most.
A happier, healthier you

Building emotional resilience

Emotional resilience refers to your ability to manage stress and adapt to life changes and adverse events. Our level of resilience is inherited to some degree. Extensive research demonstrates, however, that we can learn to be more emotionally resilient—and reap the benefits in every aspect of our lives.

Characteristics of emotionally resilient people include:

- **Emotional awareness:** The ability to identify your feelings and their causes.
- **Perseverance:** A tendency to be action-oriented and make many attempts, even in the face of failure.
- **Internal locus of control:** Believing that you are in control of yourself most of the time and have a choice in most situations.
- **Optimism:** Seeking the positive in most situations and believing that you can handle whatever comes along.
- **Support:** Knowing the value of social support and nurturing relationships with others.
- **Perspective:** The ability to learn from mistakes, see obstacles as challenges to be overcome and find meaning in difficult situations.
- **Sense of humor:** Being able to laugh at yourself and life’s difficulties.
- **Handling difficult emotions:** The capacity to manage strong feelings and impulses rather than give in to them.

Ways to build resilience:

- Make connecting regularly with other people in meaningful ways a priority. Give and accept help and support.
- When you can’t change a situation, focus on the way you think about it and respond to it.
- Accept that change and periods of difficulty are part of everyone’s life.
- Set relevant and realistic goals and move toward them in manageable increments.
- Cultivate a positive view of yourself with positive self-talk.
- Take care of yourself. Nutritious food, adequate rest and regular physical activity are essential. So are time to yourself and doing things that you enjoy. You may need to set limits with friends and family and “put on your own oxygen mask first.”
Duke-specific resources for building resiliency

Duke Integrative Medicine

In addition to patient care and professional training, Duke Integrative Medicine offers classes and workshops such as “60-Second Stress Relief,” “Changing from Within: Mindful Eating” and “Healing Yoga for Back and Neck Pain.” Visit http://www.dukeintegrativemedicine.org.

Fitness consultations

Learn how to set realistic goals to improve fitness levels and overall well-being. To schedule, call LIVE FOR LIFE at 919-684-3136, option 1.

Getting the support you need

Personal Assistance Service (PAS) offers free and confidential consultations, short-term counseling and referrals to Duke faculty and staff and their immediate family members.

Call 919-416-1727 or visit http://www.hr.duke.edu/pas. Duke Regional Hospital employees can call their Employee Assistance Program (EAP) at 919-932-9026 and Duke Health Raleigh Hospital employees should dial 919-872-4786.
Celebrate local, cultivate your health

Duke Farmers Market Turns 15!

From asparagus to zucchini, treat yourself to delicious local produce at the Duke Farmers Market, which opens April 24. In addition to farm-fresh fruits and vegetables, vendors offer baked goods, herbs, and to-go lunches.

Visit http://www.hr.duke.edu/benefits/wellness/farmers for more info.

Now Held at Four Locations!

- **Duke Hospital Farmers Market:** Every Friday from April 24 through September 25, from 11 a.m. to 2 p.m. on the green space walkway behind the Searle Center.
- **Duke Regional Farmers Market:** Tuesdays from April 28 through September 29, from 3 p.m. to 6 p.m.
- **Mobile Market:** Tuesdays from April 14 through September 29 (with some vendors running on slightly different schedules), from 4 p.m. to 6 p.m.
- **University Towers:** LoMo Market visits from 2:30 p.m. to 4 p.m. on Tuesdays.

**Mobile market**

The Mobile Farmers Market runs year-round and offers meat, eggs, fish, and other products in addition to produce. Some vendors offer delivery to your home or office. You can also pre-order boxes for weekly pick-up; visit the web page for details: www.hr.duke.edu/benefits/wellness/mobilemarket.

Low-Fat Broccoli Mushroom Quiche

**Ingredients**

- 1 frozen 9” pie shell (preferably whole wheat)
- 2 stems of fresh rosemary
- 1 tbsp olive oil
- 1 ¼ cups skim milk
- ½ of an onion
- ½ tsp salt
- 8 mushrooms
- 2 cloves of minced garlic
- ½ tsp pepper
- 2 cups shredded low-fat cheese
- 1 large broccoli crown

**Directions**

1. Preheat oven to 350 degrees F.
2. Chop onion and wash and slice mushrooms.
3. Place large saucepan on medium heat and add olive oil. Add onion to heated pan and cook about 5 minutes, stirring frequently.
4. Add sliced mushrooms and garlic and cook uncovered for 5 minutes.
5. Wash and cut up broccoli and add. Cook for an additional 5 minutes and then add fresh rosemary. Stir well and cook for 1 more minute.
6. In mixing bowl, beat three eggs. Add milk, cheese, salt and pepper and mix well.
7. Pour veggie mixture into pie shell set on a foil-covered cookie sheet. Pour egg mixture over veggies.
8. Bake for 40 minutes. It’s ready when you poke a knife in the center and it comes out clean.

Serve with homemade bread, a salad of fresh greens, and a side of sliced strawberries tossed with blueberries—all from the Duke Farmers Market!

Approximately 160 calories, 9g fat and 150mg sodium per serving (1/8 of quiche).