

# LivingWell



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### Improve your fitness level with High-Intensity Interval Training

Regular exercise is an important part of maintaining your overall physical health. But how do you maximize your fitness routine to get the results you're looking for in the shortest amount of time? Top athletes have long been aware of the ability of High-Intensity Interval Training (HIIT) to achieve exactly that! HIIT is a type of exercise regimen that involves a short burst of physical exertion (the work interval) followed by a recovery period; you then repeat this cycle numerous times.

The work interval can range from 5 seconds to 8 minutes and is performed at a vigorous pace. The subsequent recovery period can last anywhere from 30 seconds to 8 minutes and is performed at a more leisurely pace. The workout continues by alternating work intervals and relief periods for a total of 20 to 60 minutes.

According to the American College of Sports Medicine, HIIT training can boost your metabolism throughout the day. It can also improve:

- Aerobic and anaerobic fitness
- Blood pressure
- Cardiovascular health
- Insulin sensitivity (which helps your body use glucose for fuel to make energy)
- Cholesterol profiles
- Loss of abdominal fat and body weight, while maintaining muscle mass

The great thing about HIIT is that anyone can do it, regardless of fitness level. You can incorporate this type of workout into activities you already enjoy like cycling, walking, swimming, aqua training and elliptical cross-training. HIIT workouts are also a component of many group exercise classes.

You can find special HIIT apps on your mobile device (App Store for iPhones or Google Play for Androids) to help you time your HIIT workouts.

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## Enjoy summer to the fullest with Duke Run/Walk Club

Get outside with your coworkers while benefiting your health! Join us for this FREE 12-week program from August 22 to November 9. All fitness levels are welcome to participate on-site or follow the plan and exercise on their own. Whether you're a novice walker or an experienced long-distance runner, you can take advantage of an onsite coach for your group, as well as weekly emails with tips, motivation and news about area races and special events. You'll also have access to run/walk interval-training plans tailored to your fitness level and a FREE yoga or circuit class each week.

Club members meet on Mondays and Wednesdays at 5:30 p.m. for Duke's East and West Campuses, and at 5:00 p.m. outside the employee entrance for Duke Regional Hospital. The Club also meets at Duke Raleigh Hospital on Thursdays at 11:30 a.m. at the entrance to the garden. If none of these times fit your schedule, you can exercise on your own with one of the Club's workout plans and report your sessions online each week.

To register or get more information, visit [www.hr.duke.edu/benefits/wellness/runwalk](http://www.hr.duke.edu/benefits/wellness/runwalk).

## Duke Fitness Club adds more options

Do you prefer to exercise inside when the mercury starts to climb? When you participate in Duke Fitness Club, your gym membership allows you to work out in cool comfort, despite summer thunderstorms and extreme humidity. When joining through LIVE FOR LIFE, Duke employees receive discounts and incentives to become members at gym facilities that participate in the Club. Family members can join also, and many Duke Fitness Club facilities offer childcare and activities like swimming that you can do with your kids.

O2 is the most recent gym to become a participating club with Duke Fitness Club. O2 Fitness Clubs have 10 locations around the Triangle that are located in Raleigh, Cary, Chapel Hill, Wake Forest and Fuquay Varina. For kids ages 6 months to 11 years, Kid's Club is included with the cost of membership. Membership benefits include access to an array of fitness classes, a personalized exercise plan and locations in both North Carolina and South Carolina.

Numerous other options are available, and you can choose the facility that offers the hours, classes and equipment that best suit your needs. Get the most out of your summer! Visit [www.hr.duke.edu/benefits/wellness/fitness](http://www.hr.duke.edu/benefits/wellness/fitness) today for a list of all participating clubs and more information about how to enroll.



## Suicide rates in the United States are increasing: What you need to know

The National Center for Health Statistics determined recently that suicide rates in the United States are at their highest level in 30 years. The overall rate of suicide increased 24% between 1999 and 2014, with increases in every age group except seniors 75 and older. Women and middle-aged Americans experienced the sharpest increases: a 63% rise for women aged 45 to 64, while rates for men in the same age range rose 43%.

Scientists are trying to determine the most likely causes for the increase. One possible driver is increased social isolation. Divorce rates have risen since the 1990s, while marriage rates have declined. Another primary cause may be the economy. According to the Robert Wood Johnson Foundation, suicides in middle age may be linked to job instability and rising concerns about personal finances. Researchers at the Centers for Disease Control and Prevention (CDC) also point to economic factors to explain the rise. Having studied the correlation between suicide rates and economic downturns since the 1920s, the CDC found that suicide rates are highest when the economy is weak.



### Warning signs of suicide include the following:

- Talking about suicide
- Being preoccupied with death
- Expressing a lack of hope for the future
- Expressing feelings of self-hatred or worthlessness
- Making a plan for how to obtain guns, pills, etc.
- Putting affairs in order (such as giving away important possessions, etc.)
- Saying goodbye to friends and family as if for the last time
- Withdrawing from loved ones
- Demonstrating self-destructive behaviors like drug use, reckless driving, etc.
- Displaying a sudden sense of calm after being in tremendous emotional pain; this can mean that a person has made the decision to take his or her own life.

### What can you do if someone you know is suicidal?

Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend, family member or coworker might be suicidal, you might feel afraid to bring up the subject—yet talking openly about suicidal thoughts and feelings can save a life. Listen to the person's problems, ask "How can I help?" and then encourage him or her to seek professional assistance.

Avoid saying things like "Your life isn't that bad" or "Think of all of the people who have things so much worse but keep going." You don't want to add guilt to the pile of negative emotions a suicidal person is feeling. Other comments that inspire guilt and shame include "Suicide is selfish/cowardly" or "How could you think of hurting others by taking your own life?" Many people with suicidal ideation believe they are a burden to others and feel that the world would be a better place without them.

Hearing someone say the words, "I want to kill myself" is extremely difficult. You may feel angry, fearful, guilty, responsible, helpless, hurt or betrayed. You can't control all of these feelings, but you can control your actions. Just because a suicidal person doesn't explicitly ask for help, it doesn't mean help isn't wanted. Strive to help the other person feel accepted, supported and understood. Be aware that he or she may not want to hear solutions to problems, but rather have his or her feelings validated.



### **Suicide myths**

**FALSE:** Talking about suicide may give someone the idea.

The opposite is true—discussing the subject openly is one of the most helpful things you can do for a suicidal person.

**FALSE:** All people who kill themselves are suffering from severe mental illness.

Most suicidal people are not insane or psychotic, and their extreme emotional distress is not necessarily a sign of mental illness. A suicidal person sees no relief from tremendous emotional pain other than death.

**FALSE:** You cannot stop a person who is determined to kill himself/herself.

Even the most depressed people typically have mixed feelings about taking their own lives. Most suicidal people want the pain to stop; they don't want to die.

**FALSE:** People who talk about killing themselves don't actually do it.

Almost everyone who commits or attempts suicide gives clues or warnings. Even suicidal comments made in a joking manner should be taken seriously.

**FALSE:** People who commit suicide refused to seek help.

Research indicates that more than 50% of suicide victims sought medical help within six months of their deaths.

**If you or someone you love needs help, call a professional today:**

### **Personal Assistance Service**

For over 30 years, Personal Assistance Service (PAS) has offered free and confidential consultations, short-term counseling and referrals for a wide range of personal, family or work concerns. Duke faculty, staff and their immediate family members are eligible for services. Starting January 1, 2016, PAS also began providing services to employees of Duke Regional Hospital.

Call **919-416-1727** or visit <http://pas.duke.edu>. Duke Raleigh Hospital employees should call their Employee Assistance Program (EAP) at **1-800-327-2251**. You can also access information about suicide and the workplace on the PAS website at <http://pas.duke.edu/suicide.php>.

### **National Suicide Prevention Lifeline**

Call **1-800-273-TALK (8255)** or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7. A counselor will listen compassionately and share information about mental health services in your area. Your call is confidential and free.



## Simple tips for safe fun in the sun

During the summer, most of us enjoy spending time outdoors with family and friends. But, the more time we spend in the sun, the greater our exposure to the sun's ultraviolet (UV) rays. These UV rays (including UVA and UVB rays) can cause damage to our skin, which in the long-term can lead to a specific type of skin cancer called melanoma. According to the American Cancer Society, there will be an estimated 76,000 new cases of melanoma diagnosed in the United States in 2016. The number of new melanoma cases have risen steadily over the past 30 years. You're at higher risk of developing melanoma if you have any of the following risk factors:

- Repeated, prolonged sun exposure
- Sun sensitivity (such as those who sunburn easily)
- Prior history of melanoma or other skin cancer
- Chronic medical condition that makes the immune system weak

There are ways to reduce your risk of developing skin cancer while still having fun in the sun. The Centers for Disease Control and the National Council on Skin Cancer Prevention recommend the following measures to better protect yourself from UV rays:

- Stay in the shade, especially during midday hours (10 a.m. until 4 p.m.)
- Wear clothing that covers your arms and legs
- Use sunglasses to protect your eyes
- Wear a hat with a wide brim to shade your face, head, ears and neck
- Use sunscreen with sun protection factor (SPF) 15 or higher for both UVA and UVB rays. It's preferable to use SPF 30. Apply sunscreen 15 minutes before going outside and make sure to reapply it every 1 to 2 hours.

Bring a hat, sunglasses, sunscreen and a light-weight, long-sleeved shirt with you whenever you head outside. You'll stay safe while having fun at the pool, on the beach, in the mountains or right in your own backyard.

**Stay cool!**

## Out and about: Discounted summer activities for Duke employees

Summer fun doesn't have to break the bank. Did you know that Duke employees receive discounts to numerous local activities and attractions? Many are located right in the Triangle, so you can plan a day trip around them — and avoid high transportation and lodging costs. Below are a few sporting, cultural, and family activities to consider. Visit [www.hr.duke.edu/benefits/discounts/entertainment.php](http://www.hr.duke.edu/benefits/discounts/entertainment.php) for a complete list of entertainment discounts.

### American Dance Festival (ADF)

Held in Durham, ADF is one of the country's most renowned dance festivals. Performances continue through July 30. Enjoy a 20% discount to most performances if you're a Duke employee. [www.americandancefestival.org](http://www.americandancefestival.org)

### Improve your fitness level

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Some things to keep in mind when developing your HIIT program:

- Carefully consider the duration, intensity and frequency of the work intervals and the length of the recovery intervals. Visit the website of the American College of Sports Medicine at [www.acsm.org](http://www.acsm.org) and type "HIIT" in the search feature for help.
- Intensity during the work interval should feel like you're exercising "hard" to "very hard." Use the talk test as your guide. While doing a work interval, you should have some difficulty keeping up a conversation.

Since this type of exercise routine can be strenuous, make sure you do not have any cardiovascular or pulmonary conditions that preclude you from doing HIIT. Talk to your doctor about HIIT if you're not sure about your physical abilities.

Start slow! Begin with one HIIT training workout a week while keeping up with your other workouts. As you feel ready for more challenge, add another HIIT workout until all of your workouts include high intensity bursts. Having a workout partner will make it all the more fun and help you stay motivated.

So what are you waiting for? It's time for HIIT!

### Duke-specific resources that may complement HIIT training

#### Pathways to Change

Pathways to Change is a targeted 12-month healthy lifestyle program for individuals who are at risk for health problems. These can include heart disease and/or stroke due to the presence of high blood pressure, high blood cholesterol, pre-diabetic conditions or a body mass index of 30 or more.

### North Carolina Zoo

Located near Ashboro, the NC Zoo is only about 1.5 hours from the Triangle. With the \$2 discount for Duke employees, admission is \$10 for adults, \$8 for seniors and \$6 for children ages 2 through 12. The zoo features a wide array of both African and North American animals, as well as a world-class aviary. [www.nczoo.org](http://www.nczoo.org)

### Carolina RailHawks

Founded in 2006, the Carolina RailHawks are a professional soccer team based in Cary. Take advantage of a 20% discount to home games. [www.carolinarailhawks.com](http://www.carolinarailhawks.com)

The PATHWAYS TO CHANGE program is a stage-based program that works with you to lower your key risk factors. The PATHWAYS TO CHANGE program is operated by Duke's LIVE FOR LIFE® program.

Visit [www.hr.duke.edu/benefits/wellness/lifestyle/pathways/](http://www.hr.duke.edu/benefits/wellness/lifestyle/pathways/) for information about eligibility and the three simple steps you can take to participate in the program.

#### Steps to Health

Steps to Health is an incentive program offered by LIVE FOR LIFE that focuses on helping you achieve measurable health results and rewards you for achieving your health goals. Through the Steps to Health program, you have the opportunity to make realistic and measurable changes to your health by creating a step-by-step plan with guidance from a LIVE FOR LIFE staff member.

You will earn LIVE FOR LIFE dollars through Steps to Health by participating in quarterly measurements and achieving your predetermined health goals. As you progress in the program, the LIVE FOR LIFE dollars awarded to you will increase in value. You have the potential to earn up to 1,000 LIVE FOR LIFE dollars, which you can spend at the LIVE FOR LIFE store.

Visit <http://www.hr.duke.edu/benefits/wellness/lifestyle/steps/> to get started.



## Summer's bounty: The Duke Farmers Market and Mobile Market

Buy locally grown produce at the Duke Markets and you can enjoy the freshest fruits and vegetables harvested at the peak of flavor! One of the challenges of eating healthy foods is knowing how to store produce properly. By following a few simple tips, you can maximize the life of your fruits and veggies. But remember, one of the virtues of fresh produce is that it doesn't contain added preservatives. Typically, you'll want to consume produce (or preserve it by freezing or canning) soon after purchase.

### General produce storage tips:

- Avoid storing fruits and veggies together. Fruits like apples and bananas can prematurely spoil surrounding vegetables.
- Before storing veggies, remove ties and rubber bands. Pack veggies loosely to extend their shelf life.
- Peaches, nectarines, plums, tomatoes, cantaloupes, honeydew melons, watermelons, apples and pears are examples of summer items that will continue to ripen on the countertop. You can refrigerate after they're fully ripe to extend shelf life.
- Refrigerate berries, grapes, peppers, snap beans, yellow squash, sweet corn and zucchini immediately after purchase.

### Here's how to store summer produce found through the Markets:



Store **Apples** at approximately 30–35 degrees F and they'll stay fresh longer than most other fruits and veggies. Keep them in the crisper drawer, ideally draped with a damp paper towel. Remove any bruised fruit immediately; a bad apple really will spoil the whole bunch!



Treat **Basil** and other fresh herbs like a bouquet. Put them in a glass of water and place in the fridge; cut off leaves/stalks as you need them.



**Blackberries** and other types of berries stay fresher longer when washed in a white vinegar bath (1 c. vinegar to 3 c. water). Spin them completely dry and store in the fridge. The vinegar kills the bacteria and mold spores that often cause berries to deteriorate quickly.



Place **butterbeans** in a covered plastic or glass container and put in the crisper. Wait to wash them until you're ready to eat them. If you want to freeze butterbeans, shell and then wash them thoroughly. Then plunge them into boiling water for 3 minutes (blanching) and chill quickly in ice cold water. Drain, package in airtight containers or freezer bags and freeze immediately.



**Cabbage and collards** like the same treatment as butterbeans for both fridge and freezer storage (see above). Remember to remove course outer leaves (cabbage) and woody stems (collards) before washing. You'll also either cut the cabbage into wedges or separate it into leaves before blanching.



**Fresh tomatoes** like to be cool but not cold. Assuming that your home is air conditioned, they will retain better flavor and texture on the counter.



**Leafy greens** should be washed and dried (a salad spinner makes the job much easier). Store in the crisper drawer.

## Plan to visit the Markets regularly

Visit the Duke Farmers Market each week to see our rotating host of guest vendors, including Lo & Behold Natural Body Products, Delores Hayes Pottery, Fernrock Farm cut flowers and plants, Duke Alternative Transportation, Duke Medical Center Herb Garden and DukeWELL.

The Duke Farmers Market strives to be consciously involved in efforts to better the community both within and beyond Duke. The Duke chapter of Nourish International, an organization that strives to alleviate extreme global poverty, will be hosting a month-long "Hunger Lunch." Nourish will be found at the Duke Farmers Market in September, serving a simple meal of rice and beans to represent a standard meal in a developing country. Proceeds from the meals will be used to support their global efforts.

Farmer Foodshare will be joining Duke Farmers Market on a monthly basis to collect donations to purchase local produce at the market to donate to a partner organization. Tilthy Rich Compost and the Durham Co-op Market partner with the Duke Farmers Market to help promote environmental stewardship and sustainability by educating market-goers about the importance of composting and supporting local food systems.

## Duke Mobile Market comes to you

If you want fresh produce delivered to your doorstep, the Mobile Farmers Market can do the shopping for you. Farmers use the term Community-Supported Agriculture (CSA) to describe the program where a variety of fruits, vegetables and other local products are hand-selected, individually boxed and brought from the field directly to you! You can have weekly or bi-weekly produce boxes delivered conveniently to your home or workplace, year-round.

## Mark your calendar now!

### Duke Farmers Market

**Dates:** Every Friday from April 29 to September 30

**Time:** 11 a.m. to 2 p.m.

**Location:** On the green space behind the Searle Center, between Nanaline Duke and Bryan Research Building

**Local Farmers:** Fernrock Farm, Harrell's Produce, Lyon Farms, Rockabilly Farm, Walker's Farm and Windy Acres Farm

**Farmstead Food Vendors:** Elodie Farms goat cheese, Great Harvest Bread Company, Double M Bakeshop granolas and nut butters, Karmiri Olive Oil from Greece and Triangle Seafood; also including homemade preserves and canned items from local farmers

**Lunch Vendors:** Commons Restaurant, Makus Empanadas, Nosh @ JoRae Café, Pomegranate Kitchen and Soul Cocina

### Duke Mobile Market

**Dates:** Late April through September

**Time:** Tuesdays from 4 to 6 p.m.

**Location:** Duke Gardens upper parking lot, 420 Anderson St.

**Local Farmers:** Bella Bean Organics, Brinkley Farms, Britt Farms, Coon Rock Farms, Duke Campus Farm, Fernrock Farm and Walking Fish Community-Supported Fishery



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