

# Engage Wellness is the medically-based way to get and stay healthier



## NEW CLASSES!

Many of you have expressed an interest in new group movement classes. Your opinion matters. As a result, two new classes have been added:

- **Bootcamp** - Tuesday and Thursdays - 4:45pm to 5:30pm

This class includes mid to high intensity body weight exercises, with interval and strength training. It's a high calorie burning class and is designed to push you to the max! Instructor is Chelsea.

- **Fitness Facts Q&A** - The first and third Monday of the month - 12:30pm to 1:00pm

This is a half hour session which allows participants to direct questions to the fitness experts. Session leaders are Kristina and Chelsea. So bring your questions and get your answers.

Hope you can join us. We look forward to seeing you!

## LET'S MOVE CLASS MOVING TO A NEW TIME!



On Monday, May 6<sup>th</sup>, the Let's Move Class will begin an hour earlier, 4:30pm to 5:15pm. We are pleased to announce that Paula, one of our former interns, is coming back to teach the class over the summer months. She has a passion for this class and the participants. We are very excited to have her on board. Welcome back Paula!



## ENGAGE WELLNESS WILL BE CLOSED MEMORIAL DAY

In honor of Memorial Day, Engage Wellness will be **CLOSED** Monday, May 27<sup>th</sup>. Celebrate, honor and remember!!!



A warm welcome to new participants that joined our Engage Wellness family in the month of May: Kathleen K., Pat D., Joe W., Mary C., Petie B., Frances T., Travis W., Polly W., Bruce G., Debora W.

Thank-you for choosing us to be part of your wellness journey!

## A-MAY-ZING!

### SPECIAL OFFER!

New participants who enroll in May receive **half off** enrollment:

Individual enrollment **\$37.50 + tax** (normally \$75.00 + tax)

Couple enrollment **\$50.00 + tax** (normally \$100.00 + tax)

This is a perfect opportunity for you to refer family and friends, who want an A-MAY-ZING wellness program. Remember, participants receive one month free for referring a new individual that joins!

### REFER ONE, GET ONE!

Attention Participants, if you refer an individual that joins in the month of May you will get one month FREE. Congratulations to MaryLu G. who earned another free month of participation by referring a friend that joined. Nice Job!

## CONGRATULATIONS!

**Congratulations** to the following participants who have achieved special attendance milestones at Engage Wellness (as of April 11, 2019).

Jerry W. - 1,750	Jane J. - 800	Sister Mary P. - 300	Maryellen T. - 100
Nikki Z. - 1,500	Nancy O. - 800	Bonnie L. - 300	Debbie W. - 100
Jim N. - 1,250	Mary Ellen D. - 700	Liz W. - 300	John N. - 100
Pat B. - 1,000	Marlene M. - 700	Virginia D. - 300	Joan E. - 100
Kathleen M. - 1,000	Betty F. - 600	Linda P. - 200	Barb A. H. - 100
Lou Ann A. - 900	Mary Ann B. - 500	Don W. - 200	Deb H. - 100
Lilas R. - 900	Judy T. - 400	Christine G. - 200	Melinda M. - 100
James W. - 900	Bob B. - 300	Mary P. - 100	

# Introducing... Our New Work Studies!



Hi everyone, my name is Cierra Wynn. I have been working here at Engage Wellness since August 2018. I grew up in Auburn, NE and graduated from Auburn High School. I am a Junior Radiography student at UNMC and will graduate in 2020. After graduating I plan on getting a degree in Sonography and working in a rural area. I love dogs, movies, and ice cream. I enjoy water skiing, hiking, and snowboarding when I can. I have really enjoyed my time here so far and am happy to still get to work with you guys!"

Hi! My name is Turner MacPhee, and I am a physical therapy student here at UNMC. I am from East Peoria, Illinois and attended East Peoria Community High School. I attended Wayne State College where I earned my B.S. in Applied Human and Sport Physiology with a minor in coaching. During my time at Wayne State I was a four-year starter on the women's rugby team, a peer tutor, and a member of various clubs. Currently, I am finishing my first year of Physical Therapy school, here at UNMC, with the hopes of becoming a pediatric physical therapist. In my free time I enjoy running, reading, and spending time with friends and family. I'm looking forward to my time at Engage Wellness!



My name is Gabriella Marco. My hometown is here in Omaha, Nebraska (born and raised☺). I went to high school at Bellevue East. I am working on my Bachelor's Degree and will received one next May in Medical Imaging and Therapeutic Sciences, also known as Radiography, here from UNMC. I have a 1 year old boy that I love dearly and we love to travel in our free time!

Hi, my name is Jack Matuella and I am from Omaha, NE and going to UNMC studying to become a physical therapist. I went to University of Nebraska-Lincoln and obtained a Bachelor's in Nutrition and Exercise Health Science. In my picture is my lovely fiancée, Natalie, who was here last winter for a couple of weeks! She is studying to be a PT in Des Moines. We are getting married in May of 2020 and we plan on becoming successful physical therapists when we graduate in 2021! I love talking about food and exercise, so come find me if you like that too!



## Q&A Session with Anna and Paul Bavaresco

### **Q: How long have you been coming to Engage Wellness?**

A: Anna joined in November of 2012 and Paul came on board in December of 2014.

### **Q: What activities do you participate in?**

A: I head for the Treadmill and Paul uses the Total Fitness machine. In addition to the Stretching class, I love dancing and look forward to the Line Dancing class. I recently joined the Circuit class. It's very challenging.



### **Q: What is your favorite aspect of Engage Wellness?**

A: We enjoy all of the people we have met at Engage and think it is wonderful how we all encourage each other. You never know when your words will help someone.

### **Q: How has your motivation to exercise changed, since you started coming here?**

A: We realize the benefits of moving and being active. Our flexibility and strength have improve as well as our mental attitude.

### **Q: What advice would you give other Engage participants, to help them achieve their fitness goals?**

A: Stick with it. We really enjoy and benefit from the Stretching class. We recommend taking it, as it always makes us feel better.

### **Q: Any tips for successful aging you would like to share?**

A: Stay active. We enjoy our family and traveling. New experiences keep your mind sharp.

### **A few facts about us:**

We met when Paul was at Creighton Pharmacy school and I was studying to be a hairdresser. We will be married 52 years in July. We are lucky that all of our children and grandchildren live in Omaha. They keep us pretty busy. We travel as much as possible and coming back to Engage helps us get back in control until the next trip.

## **THE WATER FILL STATION HAS ARRIVED!**

The water fill station is up and running. Because of your generous donations to our Give65 fundraiser, you made this possible!

Please bring your own water bottle to fill. It may be a good idea to write your name on your bottle.

Since the water fill station was installed, we helped eliminate waste from 135 disposable plastic bottles. Hydrate and feel great. Cheers to you!!!



# MAY IS NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

## Five Simple Steps to Control Your Blood Pressure



Your HBP deserves your attention

Uncontrolled high blood pressure (HBP or hypertension) can be fatal. If you've been diagnosed with high blood pressure, these five simple steps can help you keep it under control:

### Know your numbers

Most people diagnosed with high blood pressure want to stay below 130/80 mm Hg, but your healthcare provider can tell you your personal target blood pressure.

### Work with your doctor

Your healthcare provider will help you make a plan to lower your blood pressure.

### Make a few lifestyle changes

In many cases this will be your doctor's first recommendation, likely in one of these areas:

- **Maintain a healthy weight.** Strive for a body mass index (BMI) between 18.5 and 24.9.
- **Eat healthier.** Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.
- **Reduce sodium.** Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.
- **Get active.** Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.
- **Limit alcohol.** Drink no more than 1-2 drinks a day. (One for most women, two for most men)

### Keep checking your blood pressure at home

Take ownership of your treatment by tracking your blood pressure.

### Take your medication

If you have to take medication, take it exactly the way your doctor says.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



## 7 SURPRISING BENEFITS OF DOING JIGSAW PUZZLES

Benefits of puzzling that might surprise you. Jigsaw puzzles:

- Exercise the left and right sides of your brain at once
- Improve your short term memory
- Improve your visual-spatial reasoning
- Great meditation tool and stress reliever
- Great way to connect with people
- Great for some needed alone time
- You'll live longer and better if you puzzle regularly

Studies show that people who do jigsaw and crossword puzzles have longer life spans with less changes of developing Alzheimer's disease, memory loss or dementia. Puzzling stimulates the brain and actually wards off the plaque that is the marker of Alzheimer's, according to a recent study published in the Archives of Neurology. The study compared brain scans of 75-year-olds to 25-year-olds. The elderly people who did puzzles regularly had brain scans comparable to the 25-year-olds.

Doing jigsaw puzzles is good for your mind, body and spirit.

Source: brandpointcontent.com

*The pieces of the puzzle have a tendency to come together when you least expect it.*

### Engage Wellness Hours:

Monday thru Friday — 6:00 a.m. to 8:00 p.m.  
Saturdays — 8:00 a.m. to 2:00 p.m.

### **Engage Wellness Staff**

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**Turner MacPhee**

P.T. Student/Work Study Employee

**Gabby Marco**

Radiography Student/Work Study Employee

**Jackson Matuella**

P.T. Student/Work Study Employee

**Cierra Wynn**

Radiography Student/Work Study Employee

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