

**For more information on ways to live healthy,
visit some of the following websites:**

USC Emeriti Center (Colleagues for life website):
www.colleaguesforlife.org

USC Wellness Website:
www.wellness.usc.edu

USC Center for Work and Family Life:
www.usc.edu/worklife

USC Geriatric Medicine:
www.usc.edu/health/internal/divisions/geriatric

USC Emergency Preparedness:
emergencyprep.usc.edu/emergency/earthquake

USC Occupational Science and Occupational Therapy:
www.usc.edu/otfp

USC Recreational Sports:
www.usc.edu/recsports

Fall Prevention Center of Excellence:
www.stopfalls.org

Los Angeles Caregiver Resource Center:
lacrc.usc.edu

American Occupational Therapy Association:
www.aota.org

American Physical Therapy Association:
www.apta.org

U.S. Preventative Medicine:
www.uspreventivemedicine.com

Earthquake Safety:
www.dropcoverholddon.org

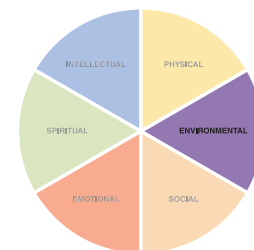
**Thanks to the UC Davis Retiree Center for use of their Wellness Wheel and healthy habits information that we have adapted for USC.*

USC WELLNESS CHALLENGE

March 26, 2010



For optimal health, it is important to develop healthy habits in all six areas of your life. Choose a habit to adopt from the “Wellness Wheel”, and make a change for better health.



Goal:

The USC Emeriti Center is committed to supporting healthy and purposeful living for all members of the Trojan Family. We join with our USC colleagues across all campuses to promote wellness and thank them for their contributions to this program.

Background:

Many of us hope to be healthy and active well into our older years. But the sad reality is that 80% of older Americans today have at least one chronic condition that affects their ability to lead an active life. Three behaviors—poor diet, lack of exercise and smoking—are the primary causes of the nation's leading chronic diseases: heart disease, cancer, stroke and diabetes. Changing any of these behaviors greatly reduces your risk of developing a chronic disease. But, beyond the “big three,” it is important to adopt healthy habits in all aspects of your life.

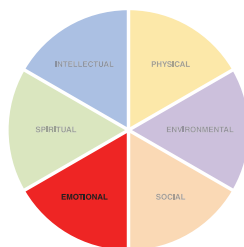
Divided into the six areas of the “Wellness Wheel” (Physical, Social, Spiritual, Intellectual, Emotional, and Environmental) the following are lists of helpful, healthy ideas. We have provided many ideas for improving and maintaining a well-rounded, healthy lifestyle. Choose a few from each section that are reasonable with you, and incorporate them into your everyday lifestyle.

Challenge:

Pick a few ideas in each area and make them a healthy habit today!

ENVIRONMENTAL

1. Create a place for family pictures and heirlooms that shows how you're all connected.
2. Turn off the television, computer, and/or radio and enjoy the quiet for at least one hour each day.
3. Downsize to a small home to increase family togetherness.
4. Stop procrastinating—waiting until the last minute raises stress levels.
5. Find a balance between work time and free time.
6. Make to-do lists and prioritize your tasks.
7. Find ways to make your work challenging and meaningful, or plan to find another job or volunteer position
8. De-clutter and organize your home or workplace.
9. Go outside for at least 20 minutes every day.
10. Use natural cleaning products.
11. Grow house plants to increase oxygen levels and filter the air.
12. Plant a garden and tend it regularly.
13. Prevent mold and mildew by ventilating areas where moisture builds up.
14. Sleep in complete darkness to keep your biorhythms regulated.
15. Always wear a seatbelt when driving in a vehicle.
16. Always wear a helmet when riding a bicycle.
17. Don't bring work home with you.
18. Don't hit the snooze alarm—get up at first ring—those extra minutes just make you groggier.

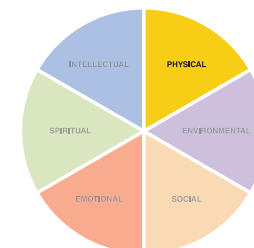


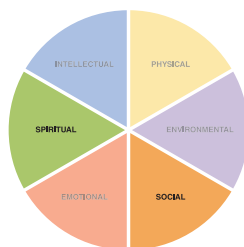
EMOTIONAL

1. Just relax. Do nothing for at least thirty minutes every day.
2. Engage in positive thoughts every day.
3. Use writing as a way to release your thoughts.
4. Surround yourself with healthy and positive people.
5. Don't hold grudges—focus on the future and not on the past.
6. Smile and laugh often—see the humor in everyday life and you will be happier.
7. Listen to music to reduce stress and relax.
8. Give a hug/kiss to someone you care about every day.
9. Breathe deeply with long exhalations to increase your relaxation response.
10. Express emotions in ways that don't hurt others.
11. If you like animals, get a pet—they give unconditional love.
12. Say "I love you" to someone special every day.
13. Ask for help if you are struggling emotionally.
14. Pamper yourself regularly—take a bath, get a massage, go to the spa, take a vacation.
15. Let go of worry...don't sweat the small stuff.
16. Slow down.

PHYSICAL

1. Eat five to ten servings of fruits and vegetables every day.
2. If you smoke or chew tobacco, quit.
3. Replace three larger meals with five smaller ones.
4. Eat a healthy breakfast every day—include protein.
5. Limit sugary soft drinks, juices and sports drinks—drink water or tea instead.
6. Eat slowly—chew each bite thoroughly, and put your spoon down between bites.
7. Eat nuts, legumes, and wild fish at least 3-5 times per week to get your Omega-3 fats.
8. Consume no more than 40 grams of sugar per day.
9. Limit white flour, rice and pasta. Substitute whole grain varieties.
10. Drink at least four 8 ounce glasses of water daily.
11. Eat at home so you can control your fat, sugar, and salt.
12. Limit consumption of processed foods—eat foods as close to their natural state as possible.
13. Eat a balanced diet of fruits, vegetables, low-fat protein and whole grains.
14. Limit consumption of fried foods, high-fat foods and any food that contains hydrogenated oils.
15. Take a good quality multi-vitamin and fish oil capsule every day.
16. Brush your teeth at least twice a day, and floss at least once a day.
17. Maintain a healthy weight.
18. Improve your posture—sit straighter.
19. Get 30 minutes of physical activity daily.
20. Participate in at least 30 minutes of weight bearing exercise 3 times per week.
21. Get enough sleep so that you don't feel tired.
22. Wear comfortable shoes to protect your feet.



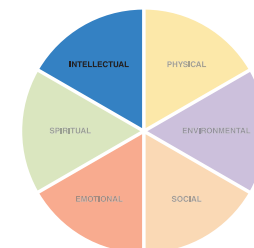


SOCIAL

1. Turn off the TV and interact with people.
2. Join a book club—learn while you socialize.
3. Start a blog or send email—connect with friends and family on the internet.
4. Cultivate friendships outside of your family.
5. Become active in a club or organization.
6. Volunteer on a regular basis.
7. Attend social gatherings regularly.
8. Reach out to a lonely person, keep up contact.
9. Get to know your neighbors.
10. Host parties for family and friends regularly.
11. Establish family rituals—game night, group walks.
12. Call or write to far-away friends or family.
13. Coach a sport, tutor a child, or mentor a student.
14. Reach out to those you don't know at work or school.
15. Attend or volunteer at USC Emeriti Center events.

SPIRITUAL

1. Read or write something inspirational.
2. Practice forgiveness.
3. Do unto others.
4. Take time to quietly reflect each day, even if it's just a few minutes before bedtime.
5. Practice being non-judgmental and keep an open mind.
6. Increase your interactions with nature.
7. Practice being thankful for what you have.
8. Character counts.
9. Deepen your existing spiritual or religious commitment or seek out a new tradition.
10. Practice some form of meditation.
11. Learn yoga or Tai Chi.



INTELLECTUAL

1. Keep your brain sharp by learning/practicing a new skill each day.
2. Play memorization games.
3. Play brain games—crosswords, brain teasers, etc.
4. Play board games such as Scrabble, Chess, etc. or card games such as Bridge.
5. Delve into current events.
6. Start a new hobby or take up an old one.
7. Read a classic or challenging books.
8. Engage in a creative endeavor—try a class or attend USC events.
9. Watch or listen to educational programming.
10. Conduct in-depth study of an unfamiliar subject.
11. Do a regular task with you non-dominant hand.
12. Set goals/track your progress on a regular basis.
13. Take a class in an unfamiliar subject.
14. Learn a new language.
15. Visit the library on a regular basis.
16. Attend lectures on topics of interest.