



EAP Newsletter

Employee Assistance Program

SUNY Fredonia
E.A.P.

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THE EDITOR'S CHALLENGE

How is your weight loss or fitness plan going?

In the January newsletter, the editor issued a challenge encouraging everyone to start, resume, or continue our fitness programs. The editor has started again, have you?

The editor has seen and talked to some of you, so she knows some of you have and that there are stories to share. **Would you share your story with us (good, bad or humorous)?** Selected stories will be published in the October issue of the newsletter.

We sincerely invite you to participate. You may have the key to helping someone else!

Please send your story with your name and campus phone number to the EAP offices by campus mail or by e-mail.

Campus Mail:
EAP Office
11 LoGrasso Hall

e-mail:
Wilma.Parry@fredonia.edu
(Wilma's the EAP coordinator)

Call Wilma at **x3586** for more information or for any services she may be able to provide.

*A big **thank you** is extended to Dr. Charles Davis and his staff for working with us and creating the Physical Fitness Program for Faculty and Staff.*

Here's to a Healthy and Safe Summer!!

It is July and Western New Yorkers are still a little unsure that this is really summer! Assuming summer is here and will only get better, we offer a few reminders for a safe and a healthier summer:

- ▶ increase your walking activity. It is generally agreed upon that more steps promote better health and wellness.
- ▶ increase your in-pool exercise. Floating is relaxing but swimming, movement exercise, and safe games have exercise benefits.
- ▶ watch yourself and the kids when they are near a pool or in the water. Accidents and distress can happen at any time.
- ▶ use a good sunblock or sunscreen when outside, even when it is overcast.
- ▶ drink plenty of water. Water is essential to our health and to prevent heat stroke, etc.
- ▶ follow safety precautions when cooking near the grill. Have a fire extinguisher handy.
- ▶ cut the fat and lessen the calorie content of foods on the grill.
- ▶ monitor the length of time refrigerated food has been left out in the heat.
- ▶ if you take a vacation, enjoy your time off. Don't let it be a stress event.
- ▶ remember to wear your bike helmet when riding, roller blading or skateboarding.
- ▶ **DON'T DRINK AND DRIVE.**

(Our current weather pattern prompts this addition: don't stand under a tree during a thunderstorm!)

HAVE A GREAT SUMMER!