

## Brown Bag Luncheon Presentations Spring 2006

The following topics and discussions will be presented by [Dr. Joseph M. Berning, Director of the Exercise Physiology Laboratory](#), NMSU in the EH&S training facility, room 110, Academic Research Center, Unit C, 1620 Standley Drive. If you are interested bring your lunch and come to the discussion. More information and maps are provided on the NMSU safety website at <http://www.nmsu.edu/safety>

\* February 7, 2006 (Tuesday) 12:00-12:50

\* Cholesterol and Your Health

\* Cholesterol is a major contributor to heart disease and a growing concern in our country. This 50 minute session will introduce you to the effects of the different types of cholesterol and discuss the impact of cholesterol on your health.

\* March 28, 2006 (Tuesday) 1200-1250

\* Exercising While You Work: Maximizing your day

\* For many, getting to the gym to exercise on a daily basis can be difficult. This 50 minute session will introduce you to various exercises for the entire body that you can perform throughout the day while working. These exercises can be especially helpful for those who are strapped behind a desk and computer but are also helpful for those in any occupations. Administrators, instructors, secretaries, clerical workers, facilities, custodial and family members are encouraged to attend. This is an on-hands session so you will actually perform all the exercises provided. In addition, handouts will be provided to help you structure your future workdays with various exercises.

\* April 25, 2006 (Tuesday) 1200-1250

\* High Blood Pressure (Hypertension): The most common cardiovascular disease

\* Many people have elevated blood pressure (BP) and many are on medication to reduce blood pressure. This 50 minute session will consist of 30 minutes of discussing blood pressure and its significance as it pertains to your health and wellbeing. Unique to this speaking series, the remaining 20 minutes will be dedicated to an on-hands learning session. Blood pressure cuffs will be provided. You will actually learn to take BP measurements on a fellow employee. A great and useful tool that can be used at home with family members and friends. So, bring a family member or fellow employee and learn through application.

\* May 16, 2006 (Tuesday) 1200-1250

\* Strengthening the Lower Body: A practical approach

\* Our legs are our foundation. We use our legs for almost everything we do (walking, jogging, standing, sitting, etc). Unfortunately we find our legs tend to be one of the weaker elements in our body. As we grow older, routine movements such as standing from a chair or getting out of a car become more difficult. Often, weakening of the lower extremities comes from simply not exercising. This on-hands session will provide you will several exercises that can be performed at work or at home, at one time or throughout the day and ultimately allow you to enhance your lower body strength. Whether you already exercise routinely or don't exercise at all, this session is for you. Bring a fellow employee or family member, wear loose fitting pants or some form of comfortable exercise clothing (e.g. shorts, sweats) and lets strengthen those legs.

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\* June 13, 2006 (Tuesday) 1200-1250

\* Coronary Heart Disease: Getting to the heart of the matter

\* Coronary Heart Disease remains one of the leading causes of death in our society.

Additionally, this is a disease doesn't discriminate and will kill regardless of race, ethnic background, gender, occupation or age (It can happen to anyone). Many of us currently have heart disease, will have heart disease, have a family member who has heart disease or have had family/friends who have died from heart disease. This is a topic that affects us all. But what exactly is Coronary Heart Disease? What is a Coronary Artery? What is a heart attack? What is open heart surgery? What is coronary artery bypass grafting? What is catheterization? What is, what is, what is??? This interactive session is designed to answer these and many other questions. You will see a PowerPoint presentation and view heart models which illustrate the various surgical heart procedures that take place today. This is an excellent opportunity to express your thoughts and questions. We highly encourage everyone, whether you have been affected or not by this disease to come with family members and participate. Come, bring your lunch, and learn about your body