



HEALTH NOTEBOOK

Nashville, TN
2009

One day. One place. One you!

Welcome to All About Women, a lifestyle adventure that will allow you to reclaim your health and revitalize your SELF without opening your wallet. In one place, you can experience a variety of activities related to your well-being. As a nurturer and caretaker, it is our hope that you will not only feel better about your life but that you will use what you learn to improve the lives of those around you.

This Health Notebook is designed to interact with the experiences at All About Women. The service providers will help you fill in the answers. Please use it as a record for your personal information. Your reward for participating will be a healthier you... as well as some goodies from the Exit Café.

Enjoy yourself, try something new, and promise to make yourself a bigger deal.

Special thanks to

The
Memorial Foundation



Presentation Schedules

Main Stage sponsored by: **The Tennessean** and **News 2/WKRN**

- 10am** **Divabetic®** Boa-licious workout, Chair Cha Cha, Let's Make a Deal, and Interactive Diabetes Education —Max Szadek and Jessica Issler, RD, CDE
- 11am** **Life Equity: Change Your Life, Enrich The World**—Congresswoman Marsha Blackburn
- 12pm** **Easy On The Pocketbook Things To Do Around Town** —Mary Hance, aka The Tennessean's Ms. Cheap
- 1pm** **Chocolate Covered Friendship**—Bethany Thouin
- 2pm** **Divabetic®** Boa-licious workout, Chair Cha Cha, Let's Make a Deal, and Interactive Diabetes Education—Max Szadek and Jessica Issler, RD, CDE
- 3pm** **Training Your Kids and Pets**—Nashville's Super Nanny, Kim Walker and Club Canine's Bennie Copeland
- 4pm** **Cancer Queens! A Cancer Prevention Musical Revue**—Vanderbilt Ingram Cancer Center
- 5pm** **Say It So They Listen**—Schatzie Brunner, former CNN news anchor
- 6pm** **Girl Scout Badge Presentation**—Girl Scouts of Middle Tennessee
- 6:30pm** **Welcome to Girl's Night Out**—Lisa Patton, Weathercaster News2
- 6:30pm** **Divabetic® for Young Divas**—Max Szadek and Jessica Issler, RD, CDE

Ask the Experts at the Up There, Down There Stage

- 10am** **I'd Like to Buy a "B"** (Bowel, Bladder) with Dr. Marcy Abel (Urologist)
- 11am** **Matters of the Heart** with Dr. Mark Glazer (Cardiologist), Randy Holland (Fitness Expert)
- 12noon** **Raging Hormones** with Dr. Geoff Smallwood (OB/GYN), John Hollis (Pharmacist)
- 1pm** **Bedroom Basics** with Donna Lovitt (Sleep Specialist), Betty Tyndall (Sex Therapist), Brooke Faught (Women's Health Nurse Practitioner)
- 2pm** **Take a Deep Breath** with Dr. Bruce Wolf (Allergist), Barbara Forbes (Smoking Prevention & Cessation Specialist), Leslie Mathews (Yoga Instructor)
- 3pm** **Gab About the Girls** with Dr. Ingrid Meszoely (Breast Cancer Specialist), Sheri Warnke (Breast Cancer Survivor)
- 4pm** **Ageing Beautifully** with Dr. Dania Baugh (Internist), Dr. Tobi Fishel (Health Psychologist)
- 5pm** **Heads Up** with Dr. Michael Kaminski (Neurologist), Dr. Bill Petrie (Geriatric Psychiatry)
- 6pm** **Yummy In My Tummy** with Celeste Davis (Nutritionist), Eileen Myers (Dietician)

Active Lifestyles Stage sponsored by: **WBUZ 102.9 the BUZZ & WPRT 102.5 the PARTY**

Time	Activity	Organization	Instructor
9:30am	The Boa Blast Workout	New Attitude Exercise	Susan Foster
10am	Zumba	YMCA	
10:30am	Yoga	YMCA	
11am	Sculpt	YMCA	
11:30am	Hip Hop Funk	YMCA	
12 noon	Zumba	YMCA	
12:30pm	Yoga	YMCA	
1pm	Sculpt	YMCA	
1:30pm	Hip Hop Funk	YMCA	
2pm	Laughter Yoga	Certified Life Coach	Kristina Giard
2:30pm	Exer-bands	Shape IQ	Joel Malone
3pm	Abs! Abs! Abs!	New Attitude Exercise	Susan Foster
3:30pm	Dance	National Dance Clubs	
4pm	Hula Hoops	Hooprama	Sunny Becks
4:30pm	Yoga for the Rest of Us	New Attitude Exercise	Susan Foster
5pm	Tango	Tango Nashville	
5:30pm	Dance	National Dance Clubs	
6pm	Laughter Yoga	Laughter Yoga Leader	Kristina Giard
6:30pm	Tango	Tango Nashville	
7:30pm	Hula Hoops	Hooprama	Sunny Becks

All About Women is thrilled to welcome **DIVABETIC®**—a one hour, pop music-style health and diabetes education stage show featuring fun feather boa workout (Boa-licious Workout), chair cardio demos (Chair Cha Cha) healthy lifestyle tips (Step-By-Step Advice), interactive games (Strike A Pose, Dancing With Divas), diabetes education ('Let Make A Deal') and prize giveaways. This live performance hosted by Divabetic founder and executive director, Max Szadek and Jessica Issler RD, CDE, was developed to help encourage, educate and empower women to feel like divas!!

All About Health sponsored by: Vanderbilt Medical Center

“HIGHWAY TO HEALTH”

Route 20

HPV, Breast Health, Nutrition-Heart Health, STD,
Highway 101—Blood Pressure, BMI, Glucose/Cholesterol Screening

Route 30

Eye Screening, OB/GYN, Breast Health, CO test/Screening, Diabetes/Nutrition
Highway 101—Blood Pressure, BMI, Glucose/Cholesterol Screening

Route 40

Bone Density, Colon Cancer, Breast Health, Flexibility
Highway 101—Blood Pressure, BMI, Glucose/Cholesterol Screening

The Girls

All Natural Prevention: breast cancer prevention

Susan G. Komen for the Cure—Greater Nashville: proper breast self-exam

Underology/Lipo in a Box: foundation fittings

Oh! My Aching...

Champion Chiropractic: pressure point exams

East End Chiropractic Clinic: posture & walking gait assessment

Back to Life Chiropractic: spinal assessment

Brentwood Chiropractic: pressure point exams

Dixon Center: pain relief

Skin Is In

BeautiControl Spa Escapes: neck wraps, head massage, hand treatments

FaceLogic Spa: skin treatments, zero gravity massage

Mary Kay: microdermabrasion hand facials

Roth Wellness & Chiropractic: foot therapy

Votre Vu: hand massage & nutritional beverage sample

Arbonne—A Health & Wellness Company: sea salt scrub & chair massage

Rodan & Fields Skin Care: skin assessments

All About Home sponsored by:



“Welcome Home”: Tile, caulk, weatherstrip, patch & paint, repair the toilet, install a faucet, increase your basic tool knowledge & skills, install window security and more.

Mama’s World sponsored by: Nashville Parent Magazine

Monroe Carell Jr. Children's Hospital at Vanderbilt with the **March of Dimes, Kennedy Center & Safety Store**, and **Books from Birth of Middle Tennessee:** child safety devices & register for free books

St. Thomas Family Health Centers: Latina pre-natal nutrition , exercise

Tennessee Right to Life: Stages of child development

UT Extension Family & Consumer Sciences: Parenting Theater—child development, discipline strategies, family interaction

Food for Life: Nutrition Maze sponsored by: Publix Super Markets Charities and Publix Super Markets, Inc.

Cabot Creamery: cheese sampling

The Wellness Workshop: get the skinny on grains, veggies, sweets, toxins, proteins, fats and dairy

UT Extension Family and Consumer Sciences: imagine your future

Body Heat: The Art of Relationships

Massage Envy: massages

Men’s Health Network: body fat, strength machines, man quiz

Nashville Coalition Against Domestic Violence: “Are you loved well enough?” quiz

Nashville Police Department—Domestic Violence Division: identifying risks

Planned Parenthood of Middle & East Tennessee: condom demonstration

Surprise Parties: menu for a romantic evening

W.O.M.E.N (sponsored by: AMERIGROUP): HIV screening

Law: Affairs in Order? sponsored by: Bass, Berry & Sims, PLC

Bass, Berry & Sims, PLC along with **Legal Aid Society:** legal services including Living Will, Healthcare Power of Attorney

All About Life

Financial Fitness sponsored by: SunTrust Bank

SunTrust Bank along with UT Extension Family and Consumer Sciences and

DELTATRAC.NET: 5 steps to financial health and fitness circuit

AFLAC: long-term care

Century21 Alamo Realty: home buyer readiness

Realty Mortgage Corporation: home buyer readiness

Tennessee Securities Division: investor readiness, financial position

Waddell & Reed, Inc.: budgeting, financial planning, investing, insurance

Health Screenings

Tennessee Department of Health: blood pressure, BMI, height/weight, body fat analysis, counseling

Selkin Laser Center: vision screening

Play It Safe

Nashville Fire Department: personal fire escape plan

Nashville Police Department—DUI Enforcement Unit: DUI goggles

Tennessee Division of Consumer Affairs: fakes, fraud, identity theft

The Women's Center of Cumberland Heights: women, addictions, recovery

Try It sponsored by: Her Nashville magazine

Best Buy: Wii Fit, Wii Music

Curves of Middle Tennessee: circuit training

Her Nashville magazine: journaling workshop

National Dance Clubs: individual dance instruction

The Nashville Symphony: Instrument Petting Zoo

Make A Difference sponsored by: National Council of Jewish Women, Nashville Section

Solartek Energy: environmental & financial practices

Melaleuca-the Wellness Company: environmentally sensitive cleaning

Metropolitan Nashville Election Commission: vote to express your opinion

Lightning 100's Team Green: adventure and environmental awareness

Wings of Eagles Healthy Living: creating healthy indoor environments

All About Me

Work It sponsored by: Gaylord Opryland Resort & Convention Center

BeautiControl Skin Care, Spa & Image: make-up consultation

Cover Tennessee: insurance pre-qualification & enrollment

Focused Momentum: life coaching

JoyPath Unlimited: life coaching

Mary Kay: skin and face mapping, make-up consultation

Nashville Career Advancement Center: dressing for success

Paul Mitchell the School—Nashville: hair styles, face mapping

Tennessee Department Labor & Workforce Development: GED, resume, interviewing

University of Phoenix, Nashville & Franklin Campuses: affinity assessments

Health Screenings sponsored by: AMERIGROUP

Metropolitan Nashville Department of Health, Health Assist Tennessee, Matthew Walker Comprehensive Health Center, Meharry Women's Clinic, Metro Center Health Care Group, Mental Health Association of Middle Tennessee, and Amerigroup: fitness assessments, blood glucose, cholesterol, dental, bone density, depression and postpartum screenings. Nutrition, infant care, reproductive life plans, preconception planning, consultations

Spirit Seekers sponsored by: St. George's Episcopal Church

Christian Science Reading Room: healing prayer

Eckankar of Middle Tennessee: spiritual coaching

St. George's Church and Restore Ministries: breath and healing prayers

Stressed Out?

Antara Center, Inc.: depression screenings, chair & foot massage

Clinical Research Associates, Inc.: blood pressure screenings

Designing Spaces Direct: computerized space organization

Metropolitan Nashville Hospital Authority: creative stress reduction, breast exams, nutrition

Middle Tennessee Wellness Center: emotional effects on the body screening

Arbonne, Int: body wellness assessment

Exit Café sponsored by: Comcast Cable & Comcast Spotlight

Give us your feedback and get rewarded for participating at All About Women.

Featuring LUNA, the Whole Nutrition Bar for Women, Glacéau vitaminwater,

Eating Well magazine, Mahatma Rice, Prevention magazine

Your Personal Health Screenings Tracker:

BODY MASS INDEX—Your BMI Reading: _____

There are several ways to measure your body’s proportion of fat and fat-free tissue. One of these methods, called Body Mass Index, or BMI, is an important indicator of overall fitness and it nationally accepted way to measure a person’s level of “fatness.” Your BMI is calculated using the following formula:

[Weight (lbs)/Height (in)] X 703 = BMI

Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obese	30.0 & above

Height: _____ **Weight:** _____

BLOOD PRESSURE—Your Blood Pressure Reading: _____

There are several actions that you can take to control, or possibly even prevent, high blood pressure. Because high blood pressure is a common disorder, have your blood pressure checked regularly. Talk with your health care provider about how often to schedule a blood pressure check.

Blood Pressure	Systolic (Top Number) Less than 120
	Diastolic (Bottom Number) Less than 80

BLOOD GLUCOSE (DIABETES)—Your Glucose Reading: _____

Diabetes is a chronic disease that makes the body unable to use carbohydrates properly, causing it to rely too much on protein and fat for fuel. There are two distinct types of diabetes: Type 1 [non-insulin producing] and Type II.

Normal Range for Glucose	Fasting Glucose 70–100 mg/dl
	Non-Fasting Glucose No More than 140

CHOLESTEROL—Your Cholesterol Reading: _____

According to the American Heart Association, knowing your total cholesterol level is an important first step in determining your risk for heart disease.

Risk Category	Total Cholesterol	HDL
Desirable	Less than 200	Greater than 60
Borderline High	200–239	40–59
High	More than 240	Less than 40



I promise to maintain and improve my health so that
I feel better every day.

_____ (sign here)

The Girls

My proper bra size is _____.

80% of women wear the wrong bra size. It's the bra _____, not the shoulder straps that hold up your breasts.

The best time to perform a breast self-exam is before/after your period. (circle the correct answer)

Have you done a breast self-exam in the last month? Yes or No

If not, are you willing to do one today? _____ Check if done.

Oh! My Aching....

To reduce your risk of headaches, stretch your neck and shoulder muscles frequently. Muscle _____ is often the cause of headaches.

To help prevent carpal tunnel, or ease symptoms, take a break from doing repetitive tasks like typing for _____ periods of time.

_____ is the most common reason for visits to the doctor.

Skin Is In

You should drink _____ ounces of water daily. Though drinking water doesn't necessarily clear up skin, it does _____ it, which can help prevent wrinkles later on.

Did you know that even waterproof sunscreen, when it comes in contact with water, can lose _____ of its effectiveness?

10% 30% 50%

I am _____ years old and I should be monitoring the following:



I promise to do my best when I care for my family and home.
_____ (sign here)

You should change your smoke detector batteries two times a year when Daylight Savings Time changes. true or false

Always wear _____ when using power tools.

- a nice perfume in case you sweat stilettos safety glasses

Turn your electricity off at the _____ when replacing outlets and switches.

- breaker box bread box shoe box

To unclog your sink with a sink plunger, you must stop up the other side to create pressure. true or false

To repair _____, all you need is sandpaper, putty and a putty knife.

When grouting tile, wipe off any _____ before it dries.

If you weatherstrip and caulk you can save up to 10% on your _____ bill.

- energy clothing

A leaking toilet can waste 200 _____ of water a day.

- cups quarts gallons

A dripping faucet can often be fixed for less than the price of a _____ by replacing seats and springs.

- a sandwich dinner and a movie a new car

Installing a programmable digital thermostat can save you \$ _____ dollars a year.

- \$20 \$50 \$100

Food for Life: Nutrition Maze sponsored by: PUBLIX SUPER MARKETS CHARITIES and PUBLIX SUPER MARKETS, INC.

There are _____ tsp. of sugar in a can of soda. You have to walk an _____ to burn it off.

Your body needs sleep, water, sunshine, and movement to _____.

Real food is defined as _____.

You need _____ calories daily.

You need to “cut out” _____ calories per day to lose one pound of body weight per week.

Body Heat: The Art of Relationships

Stress Relief Benefits of Massage:

Lowers _____ Rate, Lowers _____ Pressure, Relaxes _____

List 2 things you learned about men:

1.

2.

LAW: AFFAIRS IN ORDER? sponsored by: BASS, BERRY & SIMS, PLC

If you are no longer able to make your own decisions and want to be in control of your health outcomes, you need both a Living Will and Healthcare Power of Attorney. True or False

Mama’s World sponsored by: NASHVILLE PARENT MAGAZINE

Your health and habits (smoking, drinking, drug use, etc.) before you get pregnant are a major factor in whether your baby is born healthy and survives.

True or False

Teens that frequently eat meals with their families are less likely to be involved in _____ abuse, report lower levels of _____, and are more likely to receive grades of _____ in school.

Babies should sleep face up. True or False



I promise to know and manage my resources.
_____ (sign here)

Financial Fitness sponsored by: SUNTRUST BANK

- My savings goal for 2009 is \$ _____
- My employer offers the following benefits: (check all that apply)
 - Health insurance 401K 401K match Life Insurance
 - Disability Insurance Other _____
- My credit score is _____. It is my goal to reduce my debt by \$ _____.
- I have \$ _____ in my home equity.
- The 3 sources of retirement income that most people have are:

- Your monthly mortgage or rent payment should be ____% of your monthly income.

Make a Difference sponsored by: NATIONAL COUNCIL OF JEWISH WOMEN, NASHVILLE SECTION

What single item can be used as a towel, cooling agent, sun protection, bandage, temporary sock, hair tie, and emergency landmark? _____

_____ can be used as earplugs, gauze, and fire starters!

- a tampon a newspaper bubblegum

____ Check here if you shared your opinions on the voting machines.

Visit [www. AllAboutWomenTN.org](http://www.AllAboutWomenTN.org) for a link to the results.

Try It sponsored by: HER NASHVILLE MAGAZINE

Journaling helps reduce _____ by helping you know yourself better and clear your thoughts.

It is recommended that you are active at least _____ minutes a day.

- 30 60 100

Play it Safe

- Toxic chemicals break down slower in women, remaining in the organs for a longer time—thus doing more damage. **True or False?**
- More than 50% of consumers who reported frauds to the Federal Trade Commission claim they were initially contacted by the scam artist via the internet. **True or False?**



I promise to focus on my personal Best.

_____ (sign here)

Work It! sponsored by GAYLORD OPRYLAND RESORT & CONVENTION CENTER

- When interviewing for a job, make sure you maintain _____ contact.
- Try to keep your resume to no more than _____ page(s) in length.

Stressed Out?

- When you feel stressed or annoyed, take a few minutes to _____. Whether it's real or fake _____, your body doesn't know the difference— and you will feel better immediately.
- If you are right-handed try simple chores, such as brushing your teeth, with your _____ hand to improve your _____ and your memory.

Spirit Seekers sponsored by ST. GEORGE'S EPISCOPAL CHURCH:

- To calm and focus your inner spiritual nature, try _____.
- My Healing or Breath prayer is:

- At the Active Lifestyles Stage, I tried _____.

Thank you...

for the promises that you made today and the steps you took to balance and improve your life. We promise you encouraging words, connection with others, and quick useful information through our website:

www.AllAboutWomenTN.org

All About Women is online offering information, activities, forums and connections to meet your needs. Like our events, everything is free, easy and dedicated to promoting your health and happiness. In addition, you will find all the answers to the questions in this health notebook on the website. So log on and enjoy!

Crosswalk Activities sponsored by: HALL STRATEGIES

As you walk the main aisles, look for the following activity stations and take time to try something new.

ACTIVITY 1: Complete 5K

- Kegel exercises help strengthen your pelvic floor (PC) muscles. This helps curb incontinence (leaking) and is rumored to have positive effects in the bedroom.
_____ check here if you did 5 Kegels

ACTIVITY 2: Stretching

- Stretching regularly helps reduce muscle tension, increases your ability to move freely, and helps your blood to circulate. You will also have more energy!
_____ check here if you stretched for a minute

ACTIVITY 3: Check Your Pulse (or resting heart rate)

- Checking your pulse gives you a familiarity with your heart rhythm and tells you how hard you can exercise. If your pulse is irregular, check with your doctor.
My resting heart rate is _____

ACTIVITY 4: Breathe

Take a deep breath and hold it for 10 seconds before releasing.

- Stress reduces your body's natural immunities and leaves you depressed and, well, stressed! Taking deep breaths helps encourage blood flow and relaxes the tension in your muscles.
_____ check here if you breathed deeply.

ACTIVITY 5: Reset

Look at something green for one minute.

- Constantly looking at a computer screen or one object for long periods of time puts stress on your eyes and hurts your vision.
_____ check when you have reset

ACTIVITY 6: Brain Teaser

- A study found that doing brain-stimulating activities like completing puzzles or visiting museums reduced your risk for Alzheimer's disease later in life.
_____ check here when you have completed the word search

NASHVILLE CITY HOST COMMITTEE

Nashville's First Lady Anne Davis and Mayor Karl Dean—Honorary Chairs

Senator Joe Haynes—District 20 State Senator

Harry R. Jacobson, MD—Vice Chancellor for Health Affairs, Vanderbilt University

Marcy D. Johnson, PhD—First Lady and Founder of The Women's Center, Tennessee State University

Lisa Patton—Weathercaster, News2

William S. Paul M.D., MPH—Health Director, Metro Health Department

Renato Soto—Co- Founder and Executive Director, Conexion Americas

Abby Trotter—Partner, Hall Strategies

Kimberlee Wyche Etheridge M.D., M.P.H.—Director of Family, Youth and Infant Health, Metro Health Department

Caroline Young—President, Nashville Health Care Council

Sonya Hairston—Volunteer Team Leader

Angela Moretti-Goddard—Volunteer Team Leader

A special thanks to our partnering volunteer groups:

HEALTH SECTION HOSTS: **Links, Hendersonville Chapter**

HOME SECTION HOSTS: **Alpha Kappa Alpha Sorority, Inc.—Upsilon Psi Omega Chapter**

LIFE SECTION HOSTS: **National Council of Jewish Women, Nashville Section**

ME SECTION HOSTS: **Fashioned In His Image (FIHI)**

EXIT CAFÉ HOSTS: **Coalition of 100 Black Women**

GENERAL VOLUNTEERS: **CABLE, Junior League of Nashville, Vanderbilt Panhellenic Association**

Interpreting services are provided by the **Tennessee Foreign Language Institute**.

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The Community Foundation of Middle Tennessee—The Crittenden Fund
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