December 1st is World AIDS Day

World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV, the virus that causes AIDS. World AIDS Day is December 1. Around the world, about 34 million people are living with HIV. In the United States, about 50,000 people get infected with HIV every year.

Today, many scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. But despite this, people do not know the facts about how to protect themselves and others from HIV, and stigma and discrimination remain a reality for many people living with HIV. World AIDS Day is important as it reminds the public and Government that HIV has not gone away—there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

World AIDS Day is an opportunity for you to learn the facts about HIV and put your knowledge into action. If you understand how HIV is transmitted, how it can be prevented, and the reality of living with HIV today—you can use this knowledge to take care of your own health and the health of others, and ensure you treat everyone living with HIV fairly, and with respect and understanding.

You can also show your support for people living with HIV on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support.

What Is AIDS?

“AIDS” stands for Acquired Immunodeficiency Syndrome.

A – Acquired – AIDS is not something you inherit from your parents. You acquire AIDS after birth.

I – Immuno – Your body’s immune system includes all the organs and cells that work to fight off infection or disease.

D – Deficiency – You get AIDS when your immune system is “deficient,” or isn’t working the way it should.

S – Syndrome – A syndrome is a collection of symptoms and signs of disease. AIDS is a syndrome, rather than a single disease, because it is a complex illness with a wide range of complications and symptoms.

SOURCE: www.aids.gov
Healthy Recipe Swap

Holiday Drink: Pear Tree
A little tart and a little sweet, this mocktail of lemon-lime juice and pear juice will wake up your taste buds. Add a splash of seltzer and an herb garnish for a special presentation.

INGREDIENTS
1 cup ice
1/3 cup pear juice
2 tablespoons Lemon-Lime Juice
2 tablespoons Simple Syrup
4 fresh mint leaves, plus 1 mint sprig for garnish

1. Put all ingredients except mint sprig in a cocktail shaker and shake until well blended, about 10 seconds. Pour drink with ice into a tumbler or a snifter. Garnish with mint sprig.
2. Simple Syrup: Equal parts sugar and water, heated until the sugar dissolves. (Your yield will be the same as the amount of water you use.)
3. Lemon-Lime Juice: Equal parts freshly squeezed lemon and lime juice, for adding acidity in a flash.
4. Superfine Sugar: Dissolves easily and makes a nice garnish on the rim of a glass.
5. Fresh Herbs: Basil, mint, and tarragon add complexity, texture, and visual appeal.

Wellness Challenge

The 12 Days of Wellness Holiday Challenge
As we enter December and the holiday season, the 12 Days of Wellness challenge will help keep your body and mind in good health and spirit. To participate, all you have to do it complete one wellness activity each work day from the 12 Days of Wellness activity list. There are four different categories of wellness activities: Fitness, Nutrition, Community, and WellBeing. At the end of the challenge, your goal is to complete three activities from each of the four wellness categories.

Please find the challenge on the next page.

SOURCE: Permission to reproduce by University of San Francisco’s Human Resources Department
# 12 Days of Wellness Challenge

<table>
<thead>
<tr>
<th><strong>PHYSICAL ACTIVITY</strong></th>
<th><strong>NUTRITION</strong></th>
<th><strong>WELLBEING</strong></th>
<th><strong>COMMUNITY</strong></th>
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</thead>
<tbody>
<tr>
<td>1. Walk the stairs whenever possible (the more stairs the merrier!)</td>
<td>1. Eat 2 servings of fruit during your workday</td>
<td>1. Practice deep breathing for 1 minute, twice during your workday</td>
<td>1. Do something nice for a colleague or student</td>
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<td>2. Take a brisk walk 20 minutes before, during or after school</td>
<td>2. Eat a balanced lunch containing a protein, whole grain, and fruit or vegetable</td>
<td>2. Rest your eyes from the computer screen by looking in the distance or closing them for 30 seconds every hour</td>
<td>2. Decorate your office or work space with holiday cheer</td>
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<td>3. Take a fitness or Yoga class</td>
<td>3. Eat a healthy snack</td>
<td>3. Share a positive news story when discussing current events with your co-workers</td>
<td>3. Donate a gift to a community toy drive</td>
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<td>4. Use the Staff Fitness Breaks twice during your work day</td>
<td>4. Drink an additional 12oz of water during your work day</td>
<td>4. Stop and enjoy the view from your favorite spot on campus</td>
<td>4. Donate food to your local food bank</td>
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<td>5. Do 5 stretching activities</td>
<td>5. Do not add additional salt to your meals for 24 hours</td>
<td>5. Wake-up 15 minutes early and take time to relax before starting your work day</td>
<td>5. Participate in a community outreach project (winter coat collection, donation of gently used toys to a shelter, etc.)</td>
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<td>6. Plank for one minute</td>
<td>6. Bring a healthy holiday treat to share with a co-worker</td>
<td>6. Eat lunch outside, with a co-worker, away from your desk and staff break room</td>
<td>6. Thank a co-worker and let them know how they’ve helped you this past year</td>
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<td>7. Do at least 30 minutes of continuous cardio exercise</td>
<td>7. Eat a lunch or snack made with fresh ingredients</td>
<td>7. Make a list of your accomplishments in 2011, both professional and personal</td>
<td>7. Clean or organize your home office, a shared work space or staff break area</td>
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<td>8. Get your feet moving by dancing for at least 5 minutes – try the Fit for a Healthier Generation Zumba videos</td>
<td>8. Do not eat any sweets or desserts for 24 hours</td>
<td>8. Go screen free by putting down your phones, tablets, TVs, etc. for 60 straight minutes</td>
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Healthy Tips

Flu Free Holiday Travel Tips

It’s that time of the year again when we’re all out and about, traveling for the holidays on trains, planes and rented automobiles. We thought it would be the perfect time to remind everyone of a few tips that will keep you and your loved ones free of aching, sneezing and coughing.

1. Make an appointment TODAY with your doctor or walk in to almost any local pharmacy or clinic and get vaccinated. The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

Why should people get vaccinated against the flu? Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. “Flu season” in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

2. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

3. Stay home when you are sick. If you work from home, stay in bed and rest. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

4. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

5. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

6. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

7. Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

SOURCE: CDC