

Walk 100 Miles in 100 Days® 2018 Program Summary

This year marks the 24th anniversary of the Wellness Center's "Walk 100 Miles in 100 Days®" Program. There was a total of 287 teams with over 4,800 participants securing its position as the state's largest sustained exercise program. Employee participation from both WVU Medicine and WVU for this year's program totaled 4,711 participants. Historically 97% of participants reach the 100-mile goal and receive a commemorative t-shirt (this year's totals are still pending).

Local businesses and community members also participated in this program. A total of 13 area businesses, and 94 community members participated this year.

**Thank you for your
participation and helping
to make this program a
continued success!**



WALK 100 MILES IN 100 DAYS®



2018 STEPPING IT UP! 24TH ANNUAL



TOTAL PARTICIPATION

Employee Participation: 4,711

Community Participation: 94

TOTAL PARTICIPATION: 4,805

Number of Area Businesses: 13

(Total participation count pending)

August is National Eye Exam Month



August is National Eye Exam Month, a month dedicated to the importance of eye health and safety. Sears Optical founded National Eye Exam Month in 1989 and since then, most ophthalmologists promote eye safety throughout the month.

You may think you have healthy eyes and have no symptoms of vision problems, but most eye care experts recommend that you have a complete eye exam routinely. The frequency of exams depends on your age, risk factors and whether you currently wear corrective lenses. Children need regular eye exams to detect vision problems that may interfere with learning. People ages 20 to 40 should have an eye exam at least every five years unless they have issues such as vision changes, pain, flashes of light, eye floaters, injury or tearing. Immediate care is needed to address any of those symptoms. People between the ages of 40 and 65 should have their vision checked every 2-4 years; and at 65+, every 1-2 years. Individuals who may have a family history of eye disease or a chronic illness that can affect their vision should get their eyes checked more often than most.

If you are prone to frequent blurred vision or eye irritation these symptoms occur because as we age the muscles in the eyes become weaker. Consult your doctor if you experience:

- Blurred vision with glasses
- Extreme sensitivity to light
- Consistent eye pain
- Red eyes
- Burning sensation
- Constant watering
- Black spots in your sight

Even if you are more prone to eye issues, there are ways you can protect yourself and prevent long-term issues by doing the following:

- When washing your face, use a clean towel and water to wipe your eye lids to prevent infection
- Do not use other individual's eye medication or glasses
- Avoid smoking and being around others who smoke
- Be sure to get a healthy amount of rest
- Consume vitamin A and proteins (nuts are perfect!)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, using a computer and/or reading, be sure to have good lighting, take short breaks to rest the eyes periodically and make sure the font size is large and clear to prevent eye strain
- Do not read in a moving vehicle
- Use UV protected sunglasses

Not only is August National Eye Exam Month, but it is also Cataracts Awareness Month. People over the age of 55 should be very cautious of Cataracts, an eye disease that clouds the lens of the eyes and can lead to vision loss. Those who have Cataracts Disease may experience, extremely blurry vision, a glare, colors that may appear faded and double vision.

To educate you more on this disease, the American Academy of Ophthalmology sponsors awareness sessions and information workshops during the month of August. For more information, be sure to contact your ophthalmologist or visit the American Academy of Ophthalmology website at www.aao.org.