

# A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

March: Nutrition Awareness Month



## Eat Wisely

Provided by American Institute for Preventive Medicine

**FACT:** On average, only 14% of adults in America eat 2 servings of fruit and 3 servings of vegetables a day. Plan to eat at least 5-7 servings of fruits and vegetables a day. **Start** by making healthier choices for your next meal.

Other helpful tips on eating wiser:

- Keep raisins and other dried fruits at work and in your backpack
- Avoid buying candy and cookies for snacks
- Choose restaurants that offer vegetables, vegetable soup, and salads (limit salad dressings)
- At fast food restaurants, opt for salads, fruit slices, and a grilled

sandwich with lettuce and tomato.

- Grill fish and vegetable kebobs to put on your plate.
- Barbecue foods other than meats

[Click Below to Play Video](#)



More information can be found at: <http://www.eatright.org/>

<https://www.facebook.com/americaninstituteforpreventivemedicine>

## What's Going On!

- > March Fitness classes throughout the month with MHRFC instructors!
- > March Lifestyle Nutrition and Your Individual Plan with Debra Cavender. A one-on-one appointment with our Wellness Warriors Nutritionists.
- > Life Advisor EAP Training: Respectful Workplace with Ulliance Speaker. 3/10/15 | 12 - 1 PM | A/AB RM 3700
- > Food Savy with Ulliance Speaker. 3/17/15 | 12 - 1 PM (SH RM 1358) or 2 - 3 PM (UGL Community RM)
- > [Greatest Loser](#) and [Diabetes Prevention](#) Programs start this month!

Sign up for any of the events above through Training, Seminars, Workshops on your [Pipeline /Academica](#) .

## HAP Worksite Wellness: Healthy Eating

**Healthy Recipes:** <http://www.hap.org/employers/worksite/recipes.php>

### Brochures and Other Materials

- **Healthy Dining Guide:** [http://www.hap.org/employers/worksite/pdfs/dining\\_guide.pdf](http://www.hap.org/employers/worksite/pdfs/dining_guide.pdf)
- **Food Labels Flyer:** [http://www.hap.org/employers/worksite/pdfs/Shop\\_Smart\\_Food\\_Labels\\_with\\_HAP.pdf](http://www.hap.org/employers/worksite/pdfs/Shop_Smart_Food_Labels_with_HAP.pdf)

**Nutritional Webinars:** The "on-demand" webinars below can be found at: <http://www.hap.org/employers/worksite/webinars.php>

- [Are You and Your Family Eating Enough Calcium?](#)
- [Couch to 5K—Fueling the Body](#)
- [Eat Right and Save Money Doing It](#)
- [Eating for Immunity](#)
- [Inner Approaches to Outer Results: Emotional Eating](#)
- [Label Reading for Positive Eating](#)
- [The Fats of Life](#)



Photo Credit:: <http://www.hap.org/employers/worksite/literature.php>

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## 5 ways to eat healthier

Original source: Anne Ricci, huffingtonpost.com and presented in *Wellness Wednesday* from Ulliance

We would all love to consistently have a perfectly healthy diet, but life often seems to get in the way and we are quick to forget our commitment to improving our diet.

Maybe you've set ambitious healthy eating goals in the past and you know how overwhelming it can be. But eating healthy is certainly not about being perfect. Most people tend to get much better results when they start small and make incremental changes to their current diet. Here are five ways you can start eating healthier even when you've failed before.

**1. Start with the drinks.** Sodas and processed fruit juices are loaded with sugar, and numerous studies have shown that they promote weight gain. Lattes and other comforting beverages also contain sugar and are often high in calories. So, the first step is to stop drinking all those calories that your body doesn't need.

To wean yourself off high calorie drinks and smoothly transition to drinking more water, you can buy natural fruit juice (with no added sugars) and gradually add water to it. You may start with half of each, and work your way up by adding more water every day. You can also make your own drinks by adding fruit slices to water, preparing herbal teas in advance, and making your own lattes with healthy ingredients.

**2. Decide that you deserve to eat real food.** In our busy lives, we often sacrifice our health to convenience. There can be an underlying belief that taking time to cook and eat real food, and thus caring for our health, comes at the expense of being a good parent, getting more work done, or having social activities. But self-care is really important and can also help us take care of others better. And it starts with making the decision that you deserve to eat real food, instead of low-quality fast food items or processed foods.

If you've failed at sticking to a healthy diet before, decide that you deserve something better, and that you're worth it. Make it a real priority in your life.

**3. Eat a nutritious breakfast.** Taking the time to cook and eat a healthy breakfast can be challenging in our fast paced world. And about 31 million Americans do skip breakfast every day. Yet a study conducted among preschool children found that eating breakfast consistently contributes to a healthy body weight. Oatmeal, eggs, real yogurt with berries, a smoothie, or an avocado toast are simple breakfast options that all take less than ten minutes to prepare and will often prevent you from reaching out for an unhealthy snack bar at 10am.



**4. Take 30 minutes to plan your meals for the week.** Thirty minutes a week might be all it takes to finally enjoy healthy meals. It's as simple as sitting down with a pen and paper and making a list of your favorite breakfast, lunch and dinner meals. If those meals already feature vegetables, protein, and healthy fats, go ahead and add them to your weekly meal plan. If they don't, make a list of ten different vegetables you like and put them on the menu.

When planning your meals, don't forget snacks and meals on the go. Here is a list of healthy items you'll want to keep around: fresh fruit, chopped fresh vegetables, whole-grain bread, cheese, boiled eggs, nuts and seeds. Planning your meals in advance will free up your mind as you won't have to always worry about what to make for dinner. It can also reduce your food budget, as you will probably be eating out less often.

**5. Make the right choices when you're eating out.** Let's face it, we can't all be cooking healthy meals every single day. But when it's time to order at the restaurant, we often end up sabotaging our efforts despite our best intentions. In fact, it can be easier to eat healthy at the restaurant because there are always healthy options on the menu, and you're not the one who has to prepare the dishes.

When you place your order, be picky, and do your best to be a "classy eater": only choose dishes that contain non-fried meat or fish, and pick salads and vegetables. It will taste great, be much healthier, and it will make you feel good about yourself.

So, here is what to do now: start by picking one of these five ways, and take action. Stick to it until it becomes a habit. Then, you can move on and add another healthy eating habit. This is how you will ultimately succeed.

### Partners & Sponsors



### Earn Incentives!

2015 \$75 Enrollment Incentive will be paid out on April 8th

Complete two coaching calls by June 30th and receive the 2015 \$50 Mid Year Incentive

For more information: <http://wellness.wayne.edu/incentives.php>

### Wellness Bucks Program

Reward yourself for a job well done!

Complete March's Wellness Bucks Tally Sheet by April 10th to earn "Wellness Bucks" that can be "cashed in" for great prizes!

For more information: <http://wellness.wayne.edu/bucks.php>

## Are You Making Enough Vitamin D?

By: Debra Cavender, RDN

Vitamin D isn't actually a vitamin. Rather, it's a hormone precursor that our biological ancestors made from being in the sun. When you are exposed to UV rays, a type of cholesterol in the skin converts it to vitamin D which then travels to the liver. Through a number of bio-chemical processes vitamin D is changed to calcitriol which then attaches to more than 2,700 sites on the human genome, turning on more than a 1,000 genes.



Photo Credit:

[https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcTgFoGuZ7J\\_9FEgoPvJtW6clcoAPIj-BKqO809dUiam-DJOrwELI2FPg](https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcTgFoGuZ7J_9FEgoPvJtW6clcoAPIj-BKqO809dUiam-DJOrwELI2FPg)

Inadequate vitamin D levels can increase your risk of dozens of serious health problems, including cancer, heart disease, osteoporosis, asthma, Alzheimer's disease, and even the common cold and influenza. "Ninety-five percent of Americans are deficient in Vitamin D – that's how big the problem is." says John J. Cannell, MD, who heads the nonprofit Vitamin D Council.

It's winter ..... here in Michigan, so don't expect to make much or any vitamin D. The sun is too low on the horizon to stimulate the body's production of this valuable vitamin. If you spend lots of time outside in the summer (with arms and legs exposed, and not always covered in sunscreen) you might be "ok" through the winter months. But to be safe, get your blood levels of vitamin D tested.

## Upcoming Nutrition Event!

### LifeStyle Medicine and Your Individual Plan

Wednesday, March 25 | 12 PM UGL, Community RM | 2 PM SOM, Margherio AUD  
Hosted by Debra Cavender

Learn a new science-based model of lifestyle medicine and how it can be a road map to a personalized health plan. We will focus on understanding the fundamental underlying factors that influence every individual's experience with health and disease. Strategies on how to apply nutrition, diet, latest laboratory results, and other lifestyle modifications to both treat and prevent illness will be reviewed.

Sign up today through Training, Seminars, Workshops on [Pipeline/Academica](#).

## Success! Your peers sharing their achievements

This section is dedicated to YOU, our most valuable asset. We want to showcase you! If you've been successful becoming a better version of yourself and would like to share your story, please tell us! Many wellness warriors have come up to us and told us their story, and we want to share these great people! Perhaps you quit smoking, or lost weight or learned a new language. These are all great accomplishments towards being a healthy and well-rounded individual.

We also think you'll inspire others to change. What a powerful tool you could be! So if you've made a change and want to share it with us, let us know! How has the Wellness Warriors Program helped you reach your goal or helped you accomplish something?

Write to us at [wellness@wayne.edu](mailto:wellness@wayne.edu).

Please include a picture (not required)! 175-200 words.

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## Stay Connected with us where ever you go!

While at home or out of town maintain your efforts in becoming your best self by seeking wellness information and tips through our social media sites

[Face book](#)

[Twitter](#)

[Blog](#)

## Keep Your Family Members in the Loop!

Support from your friends & family can help you stay committed to your wellness goals.

Keep your support team updated with Wellness Warriors news by submitting their email address to receive our monthly newsletter to [wellness@wayne.edu](mailto:wellness@wayne.edu)