

# Wellness Warriors Monthly Newsletter

February 2016 Issue



## Welcome 2016 Wellness Warriors!

As you start this journey to a happier, healthier you in 2016, take a moment to develop a vision of your best self.

Start listing your personal strengths and supports that can assist you in becoming the best you in a year's time. Develop your first quarters lifestyle behavior goals that will be a starting point towards your success.

Brainstorm weekly goals that are realistic to your needs and will progressively take you in the right direction. When strategizing the tools and resources that you will need to accomplish your weekly goals think of how the Wellness Warriors Program can assist you.

Here are key components of the Wellness Warriors Program that will help you in your journey to great success.

### WELLNESS COACHING

Wellness Guides provided by Ulliance are experienced in helping others change behavior to achieve a healthier lifestyle. They are highly trained professionals with degrees in the behavioral sciences and health related fields. They also have training in the wellness arena. You should have scheduled your first wellness coaching session by now.

As a 2016 Wellness Warrior you have the opportunity to unlimited Wellness Coaching session. To schedule your session today, call 888-699-3554 or visit our website for more information: <http://wellness.wayne.edu/wellness-coaching.php>. With your Wellness Coach you may discuss any topic (i.e. financial, stress-related, motivation, etc.) during your coaching call session.

### INCLUDED SERVICES

In January of each year, enrolled participants are free to take part in our Wellness Warrior events, the Wellness Bucks Program, and the following



included services, based on risk level, offered by WSU's very own Mort Harris Recreation and Fitness Center, the University Pharmacy, Strategic Wellness, and Ulliance:

- 1 Free Fitness Assessments
- Combination of Personal Training Sessions and One-On-One Nutrition Consultations
- Medication Therapy Management

For a detailed description for each of these services please visit: <http://wellness.wayne.edu/free-services.php>.

**Reward yourself for both the small and big successes!** The Wellness Bucks Program is an activity based incentive program to help with motivation. For more information visit: <http://wellness.wayne.edu/bucks.php>.

Please email us with your questions at [wellness@wayne.edu](mailto:wellness@wayne.edu).

## What's Going On!

New sessions every month  
Wellness Warriors have the opportunity to attend various events on new and interesting health topics, in addition to fitness classes.

You can view our events through the year on our Wellness Warriors calendar. [Click here for our online events calendar.](#)

Events are also listed on the WSU [Event Calendar](#).

To sign up for these programs, please log into your [Academica account](#), click the drop down "Employee Resources", click the drop down "Other Resources", click the link "Training, Seminars, Workshops", scroll down to the Wellness Warriors section, select the class and register.

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## 2016 Wellness Warriors Blackboard Organization

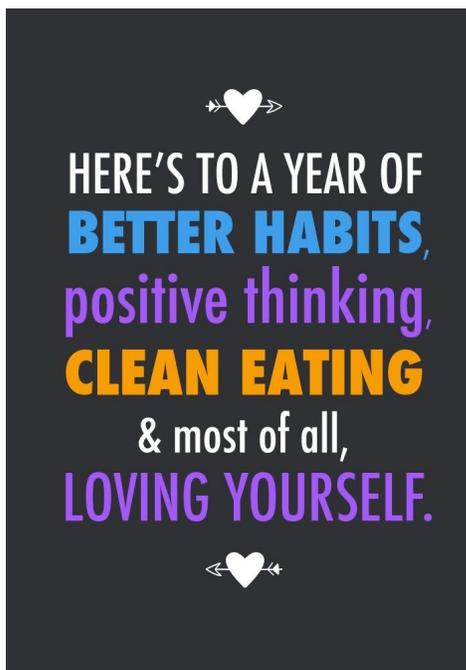
Each participant has access to the Wellness Warriors Blackboard Organization, our one stop shop to access program resources and tools. In the Bb org you can find:

- Quick links to finding information on our providing partners and services
- Access to the Wellness Warriors Event Calendar
- Wellness Bucks Program tools, such as the Bb environment tutorial and Tally Sheets
- Archive of the announcements sent through the wellness email

To access your 2016 Wellness Warriors Blackboard Organization log on to your Academica account and Blackboard is on the top right hand side of the screen after logging in. The Wellness Warriors Organization is on the top right hand screen.

**Here are 20 easy, everyday things you can do to improve your life in 2016:**

1. Write down three things you're grateful for every day.
2. Gossip less.
3. Do five-minute phone calls with friends and loved ones.
4. Only complain when you can offer a solution to the program
5. Look people in the eye when you speak
6. Spend five minutes cleaning every day.
7. Plan a trip somewhere you've never been.
8. Practice self-kindness.
9. Break a sweat every day.
10. Check your bank statement every two weeks and choose one thing you can cut out.
11. Make your bed when you wake up.
12. Carry a book with you.
13. Say please and thank you—and mean it.
14. Do one thing at a time.
15. Take a walk after every meal.
16. Write down your dreams, hopes, and ambitions.
17. Think before you speak.
18. Drink a tall glass of water when you wake up.
19. Give praise freely.
20. Do at least one thing you love every day.



For the full article [click here](#).

Source: *Huffingtonpost.com* by Paige Smith

**Cholesterol ..... Higher in the Winter Months? Provided by: Debra Cavender**

If your cholesterol is checked in the winter months, you might be more likely to be prescribed statin medications. Levels vary according to the seasons, and they are generally at their highest in the cold winter months. Total cholesterol levels can be 3.5% higher in men and 1.7% higher in women.

Cholesterol levels have nothing to do with the seasons themselves, but the way we behave when it's warm or cold, say researchers. When it's cold, we stay inside more, get less exercise and eat more sugary/fatty "comfort" foods, say researchers at the Johns Hopkins Ciccarone Center.

We also get less sunshine during the winter. For the body to make vitamin D sun is required and vitamin D levels help determine the high-density to low-density lipoprotein (HDL – to – LDL) cholesterol balance. Have your vitamin D levels checked and supplement if low.

Nutrient-dense real foods like wild-caught and free-range animal products, all vegetables, nuts and seeds provide your body what it needs to thrive and function. Non-exercise movement throughout the day may be as important during this time of year as organized exercise. Stand as much as possible and sit as little as possible. Simple walking is good movement.



**The Workout You Need for 2016:  
Full-Body Burner**

Take 30 minutes out of your day to crush it! This at-home workout will leave you dripping with sweat and toned all over. Plus, you keep moving throughout the 30 minutes to burn serious calories while building metabolism boosting muscles. Grab a set of medium weights, press play, and bring it!

Source: **POPSUGAR.**

For more fitness related resources from POPSUGAR, please visit:  
<http://www.popsugar.com/fitness>

Wayne State  
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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](#)



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