

About My Life Check: The Simple 7 Goals



Based on where you stand with the Simple 7, an action plan will be generated that is tailored around your lifestyle and health outlook.

Mid Year Check!

Congratulations on all your accomplishments thus far as a participant in the Wellness Warriors program. Now it is time to reevaluate your goals and make sure you are on the right track.

Fear not! It is never too late to make healthier choices for yourself. If you do not know where to start or would like to discover what your strengths are, take the [My Life Check assessment](#) brought to by the American Heart Association.

The My Life Check assessment will look at where you stand with the 7 Heart Health Factors or the [Simple 7](#):

1. [Get Active](#)
2. [Control Cholesterol](#)
3. [Eat Better](#)
4. [Manage Blood Pressure](#)
5. [Lose Weight](#)
6. [Reduce Blood Sugar](#)
7. [Stop Smoking](#)

By completing the assessment you will receive your own personal heart score and life plan.

Your next step is to make a New Life Resolution that is made up of healthy, positive changes for a long happy life!

Earn 500 points for completing the My Life Check by filling out the corresponding one time tally sheet on your blackboard Wellness Warriors organization.

Have any questions? Email wellness@wayne.edu

What's Going On!

- > August Fitness classes with MHRFC instructors are posted! Sign up today through TSW on [Pipeline](#).
- > August Lifestyle Nutrition and Individual Plan with Debra Cavender. Register for your one on one session through TSW on [Pipeline](#)! Check periodically for cancellations. New sessions for Sept & October
- > Wellness Warriors Walking Club will meet every Tuesday until August 26th from 12:15 to 12:45 PM at the Lowell Blanchard Track. Interested in a Walking Club at an office campus location contact us at wellness@wayne.edu.

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Know Your Numbers

Financial Wellness

Investing for the future

Fidelity suggests saving 10-15% of your annual salary to your retirement plan. Increasing your contributions by 1 or even 2 percent more from your pay could make a big difference. Use the [Contribution Calculator](#) to see how you could potentially increase the value of your retirement plan account by increasing the amount that you contribute from each paycheck.

Additional tips on saving money from the [HUFF POST](#)

1. Be honest with yourself . Determine where you are over extending.
2. Automate your savings. Put away money before you spend it.
3. Limit what you spend on entertainment.
4. Commit to a no spending day once a week.
5. Look for cheaper alternatives—less is more.
6. Switch out the card in your pocket for cash.
7. Give to charity and causes that are dear to you

For the full article see Financial Wellness on [HUFF POST FINANCIAL EDUCATION](#)

Editor:

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Wellness Warriors



Know Your Numbers

Foods to naturally reduce blood pressure

By Debra Cavender

Try these foods to naturally reduce blood pressure.

Flaxseed – Researchers believe a combination of anti-inflammatory properties and fiber may be the reason flax is good for blood pressure. A study published in the journal *Hypertension* says that eating 3 tablespoons of flaxseed for six months helped people reduce their high blood pressure by an average of 10 percent. Those who didn't eat these nutty seeds did not see any change or even had a slight increase. Try this Sprinkle ground flaxseeds into your yogurt or smoothie!

Beets – There is growing evidence to suggest that eating nitrate-rich foods like beets and green leafy vegetables could help lower blood pressure by widening blood vessels. And don't just eat beets, drink them too! According to *Hypertension* when study participants drank 8 ounces of beet juice, their blood pressure dipped an average of 10mmHg for up to 24-hours afterward. Try this... Slice and roast beets to top your salad!



Walnuts – These nuts deliver healthy fats, magnesium, and fiber, which may be the reason they are good for lowering blood pressure. Research in the *Journal of the American College of Nutrition* showed that when adults ate ½ cup of walnuts daily for four months, they had better blood flow and lower blood pressure. Plus, they didn't gain weight even though they added over 350 calories daily. Try this A handful of walnuts as an afternoon snack!

Success!

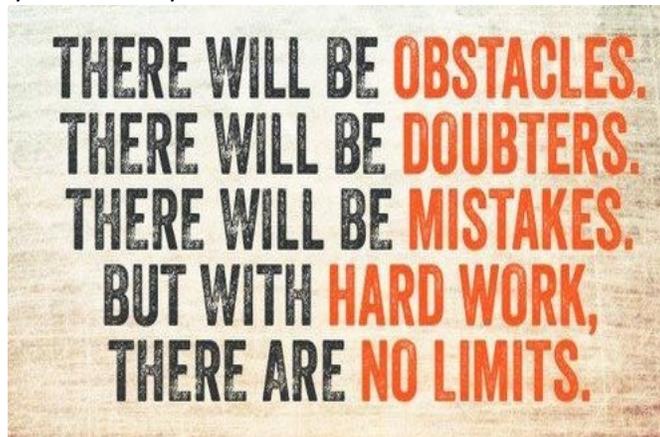
Your peer—Tonya L. Jones story of achievement

This past year or so, I have made significant changes in the way I approach eating, exercise and my overall health. I eat more fruits and vegetables, exercise regularly and pay much closer attention to my wellness routine. Wellness Warriors plays a major role in my new lifestyle. Since becoming a Wellness Warrior, I have lost weight, lowered my BMI and the best part - my blood pressure is lower than it's been in years! I attend many of the workshops and group fitness classes. I have

participated in the Greatest Loser which I loved. Wellness Warriors has so much to offer and I really try to take advantage of as much as I can. With such a busy schedule, I truly appreciate the opportunity to work out and attend workshops during my lunch hour. There is such a wide variety of activities; you can always find

something interesting and worthwhile. I highly recommend becoming a Wellness Warrior - it has been life changing for me!

Share your story by submitting it to wellness@wayne.edu.



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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
update to date with
Wellness Warriors news
by submitting their email
address to receive our
monthly newsletter to
wellness@wayne.edu

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

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