

2015 Wellness Warrior Enrollment

It is not to late to re-enroll into the program for 2015!

Continue your wellness journey with us – Engage yourself again with the Wayne State University’s Wellness Warriors Program.

The ongoing purpose of the Wellness Warriors Program is to improve the quality of life and the health status for the employees of Wayne State University.

By enrolling for the 2015

program you can continue to enjoy the free services and programs that can help you *be able to do what you want, when you want, and how you want.*

2015 Program Highlights

- Free Nutritional Consults with Debra Cavender
- Free personal training, fitness assessments & monthly fitness events hosted by the Mort Harris Recreation & Fitness Center
- Unlimited wellness coaching with your Ulliance coach

- Optimize your medication use with the University Pharmacy through the free Medication Therapy Management program

Sign up for your screening appointment before its too late. Register through TSW on [pipeline](#) - If you have not registered, walk In’s are also welcomed!

Schedule of remaining screenings (8am—noon):

12/11, UGL Community RM
12/12, Scott Hall RM 1328

Success!

Your peers sharing their achievements

Sandra Lerman Story

Sandra has lost at least 35 pounds. She is now able to do "real" pushups and can consistently do 90 second planks. Sandra attends as many events/seminars as she can, does the Greatest Loser and loved doing the boot camps offered at Mort Harris. The boot camp is where she feels she really challenged herself to try & do everything. Sandra gets at least 17,000 steps daily.

Julie Hasse Story

Julie Hasse has been able to create healthy lifestyle habits that stick, even with being a new mom. Julie’s wellness coach finds her “always inspiring” when she talks to her. She uses apps to create meal plans and is always mindful of making physical activity a part of her family’s lifestyle. She uses the tally sheets and has been a WW for a couple of years. Also, Julie creates healthy weekly meal plans for her family to keep them on track with a well-rounded lifestyle by using internet resources, like blogs for constant refreshed ideas.

Share your story of success! Email a testimonial to wellness@wayne.edu.

What’s Going On!

- > December Fitness classes with MHRFC instructors are posted! Sign up today through TSW on [Pipeline/Academica](#).
- > December Lifestyle Nutrition and Your Individual Plan with Debra Cavender. Register for your one on one session through TSW on [Pipeline/Academica](#). Check periodically for cancellations.
- > December EAP Trainings with Ulliance Speakers. Sign up today through TSW on [Pipeline/Academica](#).

Inside this issue:

2015 Wellness Warriors Enrollment	1
Success!	1
What’s Going On!	1
The Holidays—Natural strategies for preventing the hangover	2
Staying healthy during the winter months	2

Editor:

Lea R. Madjoff
Wellness Coordinator
Wellness Warriors



The Holidays - Natural strategies for preventing the “hangover”

By Debra Cavender, RDN

Please noteYOU SHOULD NOT NEED TO DO THIS OFTEN

Acetaldehyde is the first product made when your liver breaks down alcohol. This substance – some 30 times more toxic than alcohol itself – generates free radicals and interferes with certain chemical processes in the brain. The quicker you get rid of acetaldehyde, the less likely you are to develop a hangover.



Photo credit: <http://www.mintconditiondaily.com/2013/11/18/natural-preventions-and-cures-for-the-common-hangover/>

Alcohol is also a diuretic, causing a sudden loss of fluids, ions, essential minerals and vitamins (especially the B Vitamins). The following are a few things you can do to “hijack” even the worst potential hangover before it starts;

- **Eat something first** Never drink on an empty stomach
- **Nurse your drink** One drink per hour or less – your liver needs time to break down the byproducts of alcohol
- **Drink an entire glass of water**
- **Pick your “poison” carefully** Alcohol contains chemicals called congeners, a byproduct of the fermentation process. Light colored alcohol (gin, vodka) have lower concentrations of congeners. Organic wine is a good choice. And don’t drink the cheap stuff, which is laden with other chemicals too.
- **Supplementation** In studies, animals given a mix of vitamin C, Vitamin B1, and cysteine were able to survive potentially lethal doses of acetaldehyde. Take supplements before, during and after drinking.

Staying healthy during the winter months

By Lea Madjoff, MPH, CHWC, CPT, GEI

During the winter months, the colder weather and shorter days of sunshine can often demotivate us in staying active and eating right. Overcome these obstacles and continue to work towards becoming the best you!

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” -Michael Jordan.

Here are my solutions to the obstacles I encounter during the winter season:

- **Obstacle 1: Too cold to walk outside and don’t currently have a gym membership:**
Solution! I workout out in my house for 30 minutes with my [TRX](#) or try out a workout from [popsugar](#). **Do not have equipment?** Try out these [do-anywhere bodyweight workouts](#) from popsugar.

- **Obstacle 2: All I want to eat is hearty food that tends to be loaded with not so great ingredients for my health.**

Solution! When I want a bowl of chili I substitute the ground beef with turkey or chicken and add different types of beans. Also, I slow down and enjoy each bite to avoid overeating.

- **Obstacle 3: The lack of sunshine can bring on the winter blues**

Solution! I make sure to keep active and indulge in the activities that I enjoy. Also, I keep a gratitude journal to stay focused on the positive and meditate daily to clear my mind.

I am interest to hear what strategies you implement, share your tools on our [Facebook page](#).

Wayne State University’s
Employee Wellness
Program

Engagement,
Encouragement, Education

Total Compensation and
Wellness
5700 Cass Ave, Suite 3638
Detroit, MI 48202

Phone: 313-577-3717

Fax: 313-577-0637

E-mail: wellness@wayne.edu

**WELLNESS
WARRIORS** 
A Higher Degree of Wellness

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

[Face book](#)

[Twitter](#)

[Blog](#)