

A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

JULY 2013



Hula Hoop: A Fun Exercise!

At our first annual Summer Health Extravaganza on June 26 in the Student Center, we held a hula hoop contest. Little did we know that employees on campus are GREAT at hula hooping!

Our competition held three rounds of 3-4 employees each. Whoever could hula hoop for at least 5 minutes won their round. Tie breakers included running while hooping and spinning in circles while hooping!

Our top two hula hoopers were Alicia Sharfner (FP&M) and Cynthia Mason (Accounts Payable). They each hula hooped

over 25 minutes!

So now we want to know: how many calories does hula hooping burn?

The American Council on Exercise (ACE) funded a study completed at the University of Wisconsin, and found that a 30 minute weighted hula hoop workout which consisted of hooping moves and twirling motions around the arms, waist, and legs burned roughly 7 calories per minute. For Alicia and Cynthia, that means roughly 175 calories!



Pictured: Alicia Sharfner (Left) and Cynthia Mason (Right)



Free Fitness Assessment

Do you know how much you weigh? Are you at a healthy flexibility level? Surprisingly, many of us don't know our bodies as well as we *think* we do. Truth is, you *should* know what state of physical fitness you are in. We're offering you a free fitness assessment with a certified personal trainer to learn where you're at, physically. Completing a fitness as-

essment helps you set goals of where you'd like to see yourself. During your fitness assessment, the personal trainer will measure you:

- resting blood pressure
- height/weight
- body composition (body fat %)
- cardio respiratory endurance (aerobic fitness)
- upper body strength

- abdominal strength
- trunk flexibility

Knowing your numbers is an important step to setting goals and starting a new wellness plan!

To learn more:

wellness.wayne.edu/free-services.php

What's Going On!

- > Health Eats Project: Learn healthy eating habits! Register July or August series. Meets 4 weeks in a row at the Farmer's Market
- > Earn Yoga Classes with Wellness Bucks! 10 days or 1 Month of Yoga at Yoga Shelter are available. For more info please visit: <http://wellness.wayne.edu/bucks.php>

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Stay Engaged

For Up-to-Date Info:
wellness.wayne.edu

Free Events!
[wellness.wayne.edu/
events.php](http://wellness.wayne.edu/events.php)

Your Free Services!
[Wellness.wayne.edu/
free-services.php](http://Wellness.wayne.edu/free-services.php)

Eat Well! Use the Farmer's Market!

2013 Farmers Market starts June 5 and goes through October 30, Wednesdays, 11 am to 4 pm, in front of Prentis Hall, and across from the Detroit Public Library.

Farmer's Market accepts cash, Bridge Card (EBT), and WIC Project FRESH and Senior



Wayne State University's
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Success! Submitted by Rissa Long

I have been a Wellness Warrior for about 4 years now. Each year, I have seen improvement in my overall health from participating in the various activities. Last fall, I participated in the program's Greatest Loser competition on the Gold team. Those few weeks working with Jeffrey Dart encouraged me to take it to the next level. I started working one on one with Jeffrey after the competition ended.

Since January 1, 2013, I have released 20 pounds and 38 inches from my body. Even as a young person, I never was a runner. I ran my first 5K on May 11, 2013. I no longer have to shop only in the "Big Girls" section. Regular size clothes now fit. I can lift heavy suitcases and air conditioners I could not lift before. I can do real push-ups, planks, burpees, mountain climbers, and sit ups.

This is just the midpoint of my journey. I am 8 pounds from my high school graduation weight, 30 years ago. I am training for my second 5K in September 2013. I am looking forward to being in "onederland" (under 200 pounds) on or before December 31, 2013.

Right: Rissa Long, Sponsored Program Administration

Do you want to share your success story?

Email us at wellness@wayne.edu.

