

A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

JUNE 2013



Summer Health Extravaganza!

On June 26th, we'll be hosting our first annual Summer Health Extravaganza at the Student Center, Hilberry A/B/C from 10-1:30p!

Visit the Smoothie Station after your Chair Massage!



This is a great opportunity for WSU employees to visit booths and have various health screenings to check

how they're doing! We're excited to host this event, and have an exciting day planned!

Screenings and stations will include:

- **Cholesterol/glucose***
- **Fitness Testing**
- **Wellness Coaching**
- **Chair Massage**
- **Chiropractic Screen**
- **Hearing Screenings**
- **Employee Assistance Program**
- **Smoothie Station**
- **Wii Sports**
- **Limbo Contest 11am**
- **Hula Hoop Contest 12pm**

*Requires an appointment

ALL SERVICES ARE FREE FOR WELLNESS WARRIORS.

Please call University Pharmacy at **313-831-2008** to make an appointment for a cholesterol/glucose screening. All other services DO NOT require an appointment

All WSU benefits-eligible employees are invited to attend! There is a \$30 cost for cholesterol/glucose screening for **non-Wellness Warriors**. Cash and credit cards accepted. ALL other services are FREE!

DISCLAIMER: Health screenings are not to take place of your doctor visits. Please consult with your doctor or pharmacist prior to your cholesterol screening if you have any questions.

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

- 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!

- > Summer Health Screening Extravaganza, June 26th, 10-1:30p, Student Center Hilberry A/B/C, All Employees welcome!
- > Health Eats Project: Learn healthy eating habits! Register for June, July or August series. Meets 4 weeks in a row at the Farmer's Market
- > Men's Health, June 25, Bernath Auditorium, UGL 12-1p
- > Incentive Deadline: June 30 For more info visit: wellness.wayne.edu/incentives.php

Inside this issue:

Health Fair	1
Earn Incentives	1
What's New	2
Success!	2

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)

Stay connected! We're in a day and age that the internet has become one of the top ways we communicate—it's at the tips of our fingers almost everywhere we go! We're proud to say the Wellness Warriors Program is keeping up! We've started a new blog! Visit it here:



blogs.wayne.edu/wellnesswarriors

Each week we'll post to our blog. Topics will vary from success stories, to what's going on in the program, to health tips and recipes and more.

To subscribe, click the orange icon at the top right of our blog page! When you subscribe, you can instantly read our posts from your RSS Feeder.

Is this blog lingo new to you? We liked this website: <http://www.problogger.net/what-is-rss/>

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Success!

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.

Please include a picture!
175-200 words.



Hula Hoop Competition!

Join us for a hula hoop contest at 12PM at the Summer Health Extravaganza on June 26! We'll also have a Limbo Competition at 11AM! Don't miss out on this opportunity to get free health screenings and enjoy Wii games, smoothies, massages, raffle prizes and more!



WSU's Farmer's Market Starts June 5! On Cass Ave. in front of Prentiss Hall!



Mark your calendar! The Mid Year \$75 incentive will be paid in August, 2013