

# A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

OCTOBER 2014



**Make strides  
to end breast cancer.**

Making Strides Against Breast Cancer (MSABC) is the largest network of breast cancer awareness events in the nation, uniting more than 300 communities to finish the fight. Every breast cancer walk and event is an incredible and inspiring opportunity to honor those who have battled breast cancer, raise awareness about what we can do to reduce our breast cancer risk, and raise money to help the American Cancer Society fight the disease with research, information, services, and access to mammograms for women who need them.

The fight to end breast cancer starts with a single step. **Join our Wayne Cares: Wellness Warriors team, or walk as an individual this Saturday, October 11th.**

**The first 50 Participants to join and have a paid \$30 donation online to our Wayne Cares - Wellness Warriors Team will receive a FREE Making Strides Against Breast Cancer T-shirt! T-shirts are available for pick-up in Total Compensation & Wellness Department.** Please feel free to invite your family, friends, and supporters to our team. All are welcomed to join us on October 11th at

the *Making Strides Against Breast Cancer Walk.*

**Can not make the walk on October 11th but still would like to make a difference?** By choosing the donation option while under our **Wayne Cares - Wellness Warriors Team** page you can still contribute to the cause without participating in the walk. Otherwise you can contribute any monetary amount to our team by stopping by TCW Dept.. (5700 Cass Ave. A/AB Suite 3638) and receive a FREE Breast Cancer Awareness pin!

[Click here to visit our TEAM's page](#)

Question? Email us at [wellness@wayne.edu](mailto:wellness@wayne.edu)

## What's Going On!

- > October Fitness classes with MHRFC instructors are posted! Sign up today through TSW on [Pipeline/Academica](#).
- > October Lifestyle Nutrition and Your Individual Plan with Debra Cavender. Register for your one on one session through TSW on [Pipeline/Academica](#). Check periodically for open appointments.
- > October EAP Seminars with Ulliance are posted. Space is limited. Sign up today through TSW on [Pipeline/Academica](#) to reserve your spot!

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## Exercise and Cancer Prevention

According to the National Cancer Institute "There is strong evidence that physical activity is associated with reduced risk of cancers of the colon and breast ([click here for the full article](#)). But do you struggle with taking the time off during the work day to attend a Wellness Warriors Fitness Class? Are you then at a lost to figure out what exercise routine you can do? [PopSugar](#) solves these barriers in achieving daily physical activity and help reduce your risk to cancer.

[PopSugar](#) offers fun, fulfilling, and easy workouts!

**POPSUGAR**  
FITNESS

Editor:

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Wellness Warriors



## Choose a cancer-fighting diet!

By Debra Cavender

“Certain foods are medicinal in their ability to protect against breast cancer,” says nutritionist Gary Null, PhD. “Foods that are rich in dietary fiber are linked to a decrease incidence of breast cancer. These include; vegetables, fruits, beans, and whole grains. Other cancer fighting foods include flaxseed and fish high in omega-3 fatty acids, mushrooms, and onions,” adds Dr. Null.

A Swedish research study shows that women consuming the highest glycemic index diet (a diet with high sugar) have a 44% greater risk of developing estrogen receptor-positive/progesterone receptor-negative breast cancer than those eating a low glycemic diet.

One large study of 88,000 women links higher intakes of vitamin D (difficult to get in diet alone) with significantly lower breast cancer risk in premenopausal women.

Cabbage family vegetables appear to keep harmful free estrogen from joining receptor sites on breast cells. It also promotes the production of estriol, considered the “good” estrogen.

And.... Don't forget green tea for an excellent source of breast cancer protective polyphenols.



Greens with Cannellini Beans and Pancetta  
[Click here for the recipe and photo source](#)

### September's Crossword winner!

Caroline Morgan

Caroline won a Wellness Warriors Gym Bag full of goodies. Thank you to all that participated. Stay tuned for future brain games.

## Success!

### Your peer— Dawn Bielawski, PhD story of achievement

I have been enrolled in the Wellness Warriors program at Wayne State University since its inception. When I started out, I was in the “moderate risk” group and heading towards “high risk”, then after some time I was moved to “low risk” and for the past two years I have been successful at maintaining myself in the “low risk” group. Three years ago, I started following a plant-based diet and watching my salt intake. My weight, cholesterol, and triglycerides have all gone down over these few years. The triglycerides went down more than 100 points, and cholesterol about 50 points. I was able to get off some medications I was taking, and now my doctor says “keep doing what you're doing” and “I wish all patients would take these types of steps”. I have enjoyed the benefits of the program, including free classes and personal training sessions with Shila Wu, and calls with my Ulliance coach, Jayne Small. Shila is an excellent trainer and I appreciate the opportunity to attend free personal training and classes to work with her. I set up a call with Jayne each month so that we can work on setting goals and then she checks in to see how I'm doing and if there are any barriers to achieving my goals. I have found this service to be really helpful in staying focused and not letting things slide.

This program has also impacted my thinking about eating lots of veggies and whole foods, and I have expanded the size of my organic garden over the last several years to have more fresh vegetables. I enjoy cooking healthy food for others, including the SEED Wayne volunteers who help at the WSU Farmer's Market. I practice yoga and meditation on my own and with friends and family, and walk during my lunch break with friends. My family and friends support each other in healthy living. Talking with Jayne about this progress has helped me feel more confident about what I'm capable of. I would recommend this program to anyone who is trying to keep track of their health and improve it.

Wayne State University's  
Employee Wellness  
Program

Engagement,  
Encouragement, Education

Total Compensation and  
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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 Well-  
ness Warriors news by  
submitting their email  
address to receive our  
monthly newsletter to  
[wellness@wayne.edu](mailto: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](#)  
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