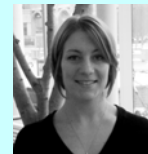


WELLNESS WARRIORS



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This newsletter is brought to you by:
Total Compensation and Wellness
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A Higher Degree of Wellness

VOLUME 3, ISSUE 5

MAY 2011

Know Your Numbers: Get Screened Day!

The Wellness Warriors enrollment process last fall included a biometric screening that measured your height, weight, BMI, blood pressure, cholesterol levels, and glucose. Our goal during enrollment was to inform you of your current health status and help guide you to make decisions about your health.

These screenings are important to continually get, because red flags can be raised and you may learn something new about your health status.

Maybe over the last six months you've begun working out to

lower your cholesterol, or you've changed your diet to lower your glucose. Now is the time to see if your hard work has paid off. Wellness Warriors is hosting "Know Your Numbers: Get Screened Day!"

Who: Wellness Warriors and benefits eligible WSU employees

When: June 22, 9-2p

Where: Student Center Building, Hilberry A/B

Cost: FREE for

Wellness Warriors; \$30 cholesterol screening for non-Wellness Warriors; all other screenings are free for all.

Screenings include: Blood pressure, body fat %, fasting cholesterol, glucose and more!

All benefits-eligible WSU employees are invited for screenings, so invite your coworkers and friends! **There is a \$30 cost associated with the cholesterol screening for non-Wellness Warriors. All other screenings are free.**

Contact Wellness Warriors:

5700 Cass Avenue

A/AB, Suite 3638

Phone: 313-577-1658

Email: wellness@wayne.edu

www.wellness.wayne.edu

Employee Engagement

The Total You

Encourage Others

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MAY TO-DO LIST:

- Submit April Tally sheet by **May 6**
- Submit May Tally sheet by **June 10**
- Fridays in May Rain or Shine walks
- Complete TEAM Initial Coaching

REACH INCENTIVE ELIGIBILITY BY: June 30, 2011

NEW Wellness Bucks Prizes! Supplies are Limited

This year, we've enhanced the prize list to include aluminum water bottles, travel coffee mugs, activity monitors, polo shirts, jackets and more! Check our website's (wellness.wayne.edu) "Wellness Bucks Program" section to view the complete list of prizes!

We believe that you should reward yourself for a job well done. The Wellness Bucks Program is a way to track your progress throughout the year and earn "Wellness Bucks" that can be "cashed in" for great prizes at any time! Tracking progress and earning Wellness Bucks is all done monthly, online

via the "Wellness Bucks Tally Sheet" that is available to all participants via Blackboard.

The total number of Wellness Bucks earned at any given time can be viewed by clicking "View Grades" in the "Tools and Resources" section on your main Blackboard page.

You must complete the Initial Coaching Session with your TEAM Wellness Guide in order to be eligible to redeem Wellness Bucks earned on their monthly Wellness Bucks Tally Sheets.

You may request a prize at any time during the year to "cash in" your Well-

ness Bucks. Prizes must be requested by sending an email to wellness@wayne.edu with the following information: Name, Access ID, Prize to be redeemed and TEAM Wellness Guide name. Wellness Warrior Administration will send an authorization email with instructions on how to redeem the requested prize.

For a complete list of Wellness Bucks Program rules and prizes, please visit www.wellness.wayne.edu/bucks.php



Soy fan? Sneak it in this creamy soup!

Pop Quiz

Popcorn Facts: True or False?
Air popping your popcorn is always better than oil popping. Answer: TRUE, with one exception. What do you put on top after you air popped your popcorn? Melted butter? If you're putting 2T or more of margarine on your popcorn, you're better off popping it in 1 T of oil. 1T of oil goes a lot further than 2T of butter or margarine drizzled on top.

May Health Observances

- Employee Health and Fitness Month
- Healthy Vision Month
- Nat'l Women's Health Week 5/8-5/14
- Nat'l Women's Check-up Day 5/9

For more info visit:
www.healthfinder.gov/nho/nho.asp



Monthly Recipe

Creamy Tomato Soup

From Zonya Foco, RD Lickety Split Meals
Makes 6 servings (1 cup each)

Ingredients:

- 1 jar (26 oz) spaghetti sauce, no salt added
- 6 oz. silken soft tofu
- 1/2 tsp. dried oregano, basil or Italian seasoning
- 1/2 tsp. salt
- 1 can (14.5 oz) chicken broth 1/3 less sodium

Preparation:

Process first 4 ingredients in food processor or blender until creamy. Add chicken broth and process again to thin the consistency. Heat the desired amount over medium heat in a sause pan. Serve with salad and whole wheat garlic toast or popcorn.

Nutritional Information (1 serving=1cup)

- Calories: 150
- Total Fat: 5 g
- Saturated fat: <1 g
- Fiber: 4.5 g
- Cholesterol: 0 mg
- Sodium: 545 mg
- Carbohydrates: 19 g
- Protein: 8 g

Share your recipe with us! We'd love to feature what Wellness Warriors are eating! Please provide your source and nutritional information. Email recipes to: wellness@wayne.edu



May Events

Remember to check off all of your event attendance on your monthly Wellness Bucks Tally Sheet submitted via Blackboard!

- Every Friday:** Rain or Shine Walk
- May 3** Fit Ball
- May 4** Your Career and Your Health
- May 9** Stress Management
- May 12** Fitness: Fact or Fiction
- May 14** AHA Start! Heart Walk at Ford Field
- May 16** Ready, Set, Goal!
- May 17** Cardiovascular Training
- May 19** Ready, Set, Goal!
- May 21** Susan G. Komen Race for the Cure
- May 26** Your Career and Your Health
- May 26** Benefits of Resistance Training

Note: For times and location details, please visit wellness.wayne.edu and pre-register via pipeline. You must be a Wellness Warrior to attend Wellness Warrior events.

To pre-register follow these simple steps:

- 1) Log on to Pipeline
- 2) Click "Employee" tab
- 3) Click "Training Seminar Workshop" burgundy icon
- 4) Scroll down to "Wellness" category and click on your choice of events.

For any questions regarding content or events, please contact wellness@wayne.edu



Join team "Wayne Cares Wellness Warriors!" at Susan G. Komen Race for the Cure **May 21, 2011** in downtown. Register for our team by **5/4/2011** online. Contact us for more info.



FREE EVENT! May 14
American Heart Association's Start! Heart Walk
Visit www.miheartwalk.org and register as an individual.
Call us for a free T-shirt for the event!



Join team "WSU Wellness Warriors" at Hospice of Michigan's Race and Remember! **Saturday, June 11, 2011** in downtown. Register online. Contact us for more info.



Have you completed your initial coaching session with TEAM yet? You must complete this session by **6/30/11** to be incentive eligible.
Call 888-699-3554.

