

# A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

ISSUE 1 APRIL 2012

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WELLNESS  
WARRIORS

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Isn't this cool? Make your own Wordle!

[www.wordle.net](http://www.wordle.net)

## Design the next Wellness Warriors T-Shirt!

We are all proud to wear WSU gear, especially when it represents something we're a part of. The Wellness Warriors t-shirt has become a trend on campus. You, the employees participating in the Wellness Warriors Program, should be proud to represent what you're doing for yourselves! So, we're wondering what you want to wear! What do you think would represent the Wellness Warriors well?

### TEE SHIRT DESIGN CONTEST! April 2-30!

Please submit a picture of your tee shirt design to [wellness@wayne.edu](mailto:wellness@wayne.edu) by April 30.

The tee shirt design must include the Wellness Warriors logo and one of the WSU logos provided in the template below. You may add words/quotes/designs/etc. related to health and wellness. Get creative but make sure it's something that suites everyone! Be sure to include in your email the specifics regarding fonts, colors and placement of all logos and words.

Follow this link to get started!

<http://tinyurl.com/bqynsf2>

## WELLNESS TIPS & TRENDS

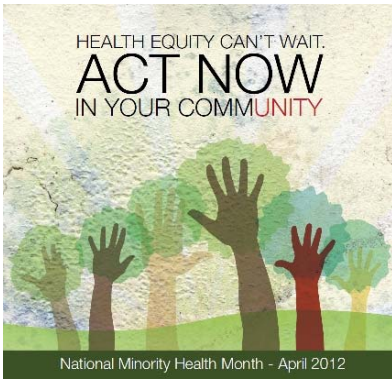
Each month our contributors from Mort Harris RFC, University Pharmacy and Ulliance will have wellness tips and trends for you!

### ✿ From the DIETITIAN

Eating every 3-4 hours allows the metabolism to stay properly fueled so it can maximize calorie burning.

### ✿ From the PERSONAL TRAINER

It's spring time! Just getting started? If one is taking up any new exercise program, buy some new shoes. You are worth it! Please, stretch and drink much more water if you are becoming active again this spring. Check out the classes at the fitness center on-line. There are a variety of fun exercise programs to enjoy before 9:00 am every weekday at the Mort Harris RFC. Something is always going on there during the lunch hour too.



## Take Care of Yourself and Your Community!

This month is National Minority Health Month! For more info:

<http://minorityhealth.hhs.gov/Actnow/>

April 2-8 is National Public Health Week! To learn more: <http://www.nphw.org/>

## Calendar of Events

### April

- 2-30 Tee Shirt Design Contest
- 4 Perfect Proteins 12p
- 12 Busy Life, Happy Body 12p
- 13 Walk for a Cause 12p
- 17 Health and Wellness Fair 11-1:30p
- 18 Flexibility 101 12p & 5:30p
- 19 Breast Cancer Awareness 12p
- 24 Ergonomically Correct 12p
- 25 Perfect Proteins 5:30p
- 26 DVT Awareness 10a & 12p
- 27 Walk for a Cause 12p
- 29 March for Babies 8a

To pre-register for an event 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 Warriors" category and click on your choice of events.



This newsletter is brought to you by:  
Total Compensation and Wellness  
5700 Cass Avenue  
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### Wellness Bucks Tally Sheet Deadline:

March: Closes April 6  
April: Closes May 8



Have you started your free Wellness Coaching with Ulliance? Call 888-699-3554 to get started!

### KEEP AN EYE ON IT

This section will bring you events, competitions, current winners and more.



<http://tinyurl.com/cnz8z16>



<http://tinyurl.com/bual4dh>



<http://tinyurl.com/cb86g4h>



<http://tinyurl.com/bvjdfqn>

## Wellness Warriors Question of the Month

**Q: I haven't filled out any Wellness Bucks Tally Sheets yet. Can I start now? Is it too late?**

You can start earning Wellness Bucks at any time this year! Wellness Bucks are earned by completing Wellness Bucks Tally Sheets on Blackboard each month. You can log into Blackboard at any time to start completing your tally sheets. If you start your monthly tally sheet but realize you need to come back later, simply save and return to Blackboard before the deadline! If you submit your monthly tally sheet and realize you need to make changes, you may re-submit another copy. Please note that only your most recent submission is added to your grade book. Remember, the more activities you do, the more Wellness Bucks you earn and the bigger the prizes! For deadlines and more info on Wellness Bucks Tally Sheets, click here: <http://tiny.cc/uvqz9>

Click here for a Blackboard Tutorial <http://tiny.cc/kt7f7>