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A Higher Degree of Wellness

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This newsletter is brought to you by:
Total Compensation and Wellness
5700 Cass Avenue
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Suite 3638
wellness.wayne.edu

Educate the Mind

Energize the Body

Encourage Others

5 Steps to being a Successful Wellness Warrior

1. Understand the Program Structure. The Wellness Warrior administration is housed in the Division of Human Resources Total Compensation and Wellness Department. We utilize the Mort Harris Recreation and Fitness Center, University Pharmacy and TEAM to provide you with programming and services. Visit the "How it Works" page on our website to fully understand the structure and services provided to you.

2. Stay Connected. We utilize the internet to commu-

nicate with our participants. Wellness Warriors sends emails to every participant in the program on a regular basis. Pay attention to emails in your inbox from "WSU_Pipeline" and "Blackboard Notifications" and read this newsletter. Your Wellness Coach also emails you regularly with updates.

3. Log on to Blackboard. Blackboard is your key to success. Within Blackboard you submit your monthly Wellness Bucks Tally Sheet, read all of our updates

in the "Announcements" section and check your total number of Wellness Bucks.

4. Talk to Your Wellness Coach. The Wellness Warrior program has 13 Wellness Coaches this year. These individuals are located at the Mort Harris Recreation and Fitness Center. If you have questions about available services or need motivation to get going, they can help!

5. Visit Our Website. Wellness.wayne.edu, our website, offers everything you need to know as a Wellness

Warrior. We post the calendar of events under the "Seminars and Events" section and the past presentations and newsletters under the "Tips and Articles" section. There is even a section to download all of the forms we use. We highly recommend visiting this website and taking a look around.

If you have questions or concerns, feel free to stop by or contact us at:
5700 Cass Avenue
A/AB, Suite 3638
Phone: 313-577-1658
Email: wellness@wayne.edu

AUGUST TO DO LIST:

- Quarter 3 activity
- Submit July Tally sheet by August 6
- Attend a Wellness Warrior seminar
- Submit August Tally sheet by Sept 10

**AUGUST TALLY SHEETS
DUE BY:
September 10**

Go Green

Submit your Tally Sheets online via **Blackboard** to cut down on paper. You can instantly view your points! If you need help, use the tutorial found at [wellness.wayne.edu!](http://wellness.wayne.edu)



Tip of the Month: Brush & Floss!

Most oral diseases are preventable, and billions of dollars are spent each year on dental services in the United States. An estimated 75% of Americans reportedly have some form of periodontal (gum) disease.

Diseases throughout the body are linked to periodontal disease and should be discussed at your next routine teeth cleaning with your hygienist and dentist.

Premature & Low-Birth weight Babies

Studies have found that expectant mothers with periodontal disease are 7 times more likely to deliver premature, low-birth weight babies than women who don't have the

disease.

Heart Disease

Cardiovascular disease affects and kills millions of people each year. Patients with periodontal disease are twice as likely to develop heart disease as one without the condition.

Oral Cancer

Oral cancer is more common than leukemia, skin melanoma, cancers of the brain, liver, bone, stomach, ovaries, etc. It is typically caused by long-term use of tobacco products and alcohol. Make sure to receive an oral cancer screening at your next oral health exam.

Diabetes

Gum disease is a major complication

of diabetes. Approximately 95% of Americans who suffer from diabetes also have periodontal disease.

Quick Tip: To reduce the risk of permanent damage to your teeth and gums, visit your dentist every 6 months. Proper brushing and flossing can help prevent the early stage of periodontal disease, which is gingivitis. This is important because gingivitis is usually painless.

Replace your toothbrush every 3 months. Germs grow all over, while most harmless, others can cause viruses and bacteria leading to periodontal disease.

Don't forget to floss!!!



INSIDE THIS ISSUE:

This Month in Wellness 1

August To Do List 1

Tip of the Month 1

Recipe of the Month 2

August Events & Health Observances 2



Cucumbers give this guacamole a refreshing flavor!

August Health Observances

Nat'l Immunization Awareness Month

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

Join Weight Watchers @ Work
 contact:
maryhunter46@comcast.net
 (A/AB) or
amorwhiterose@aol.com
 (SOM/State Hall)

Congrats to the Walking Warriors! Overall Results so far:

1st Place: **Team 3** with 3,390,167 steps

2nd Place: **Team 4** with 3,305,565 steps



Monthly Recipe

Fresh Guacamole

Serves 8

Ingredients:

- 2 ripe avocados, peeled and chopped
- 1/3 medium cucumber, chopped
- 1/3 medium onion, chopped
- 1 garlic clove, minced
- 1 tsp cumin powder
- 1 squeeze lemon (about 1-2 Tbsp juice)
- Salt to taste (about 1/2 tsp)

Directions:

Add all ingredients to blender or food processor and process to desired consistency. Add salt (about 1/2 tsp) to taste. Serve chilled. Enjoy with your favorite chips or tortillas.

Nutritional Information:

- Calories: 77.5
- Total Fat: 6.8 g
- Cholesterol: 0 mg
- Sodium: 145.8 mg
- Carbohydrates: 4.8 g
- Fiber: 3.2 g
- Protein: 1g

We'd love to use your recipes next month! Send your healthy recipes to wellness@wayne.edu!



August Events

- August 1-31:** Mid-Year Screenings
- August 4:** Raw Foods
- August 6:** Flexibility
- August 10:** Fit N' Tone
- August 12:** Effects of Hormones
- August 13 & 19:** Fitness 101
- August 17:** Carb Counting
- August 18:** Weight Loss Tips
- August 23 & 27:** Core Workouts
- August 24 & 26:** Workplace Ergonomics
- August 25:** Pain Free in the Real World

FREE Mid Year Cholesterol Screenings Available August 1-31st
 Call University Pharmacy to make an appointment (313) 831-2008

Coming in September: **REVIVE! A four-part stress management series provided by HAP**

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

Quarter 2 Incentive:

Look for it on your August 4 paycheck!*
Remember: compliancy for quarter 2 included 3 hours of physical activity and one Wellness Warrior event/seminar- all recorded on your monthly Wellness Bucks Tally Sheets!



*9 month employees can expect the incentive on their first paycheck of the fall semester



July 11-Sept. 4
 Who Will Win???
 Gold, Black or Green Team???

The NEW Wellness Warrior T-Shirt is now available for 6,000 Wellness Bucks!



Walking Warriors: June 27-August 7
Week 1 & 2 Winners: Team 4 and 5!!!
Week 3 & 4 Winners: Team 3 and 4!!!
Keep up the great work, walkers!

Farmers Market is Open!!!
 Wednesday
 June 9 to October 27
 11 AM to 4 PM
 5201 Cass Ave., in front of Prentis Hall Across from the Detroit Public Library.

