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## A Higher Degree of Wellness

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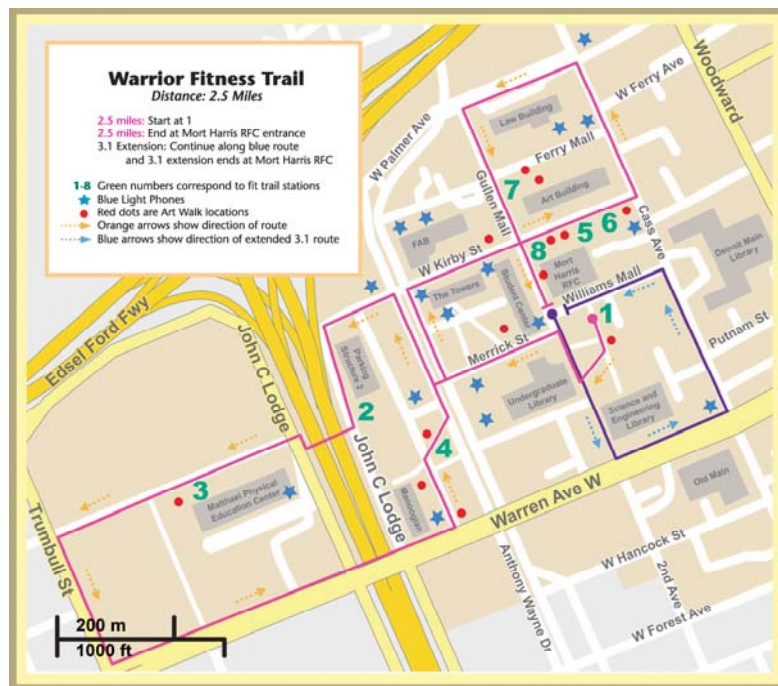
Employee Engagement

The Total You

Encourage Others

### Warrior Fitness Trail on Main Campus

The Mort Harris Recreation and Fitness Center introduced the Warrior Fitness Trail in April, 2011 (see right). Whether you want to walk, run or stop at the trail stations for exercises, the Warrior Fitness Trail will lead you in the right direction! The trail is made up of 8 stations around main campus, each marked with a wooden post about 4 feet high. Each station provides a map of the trail, your current location, an exercise suggestion, blue light emergency phone markers and more! Follow the pink path on the map and you'll complete 2.5 miles; follow the pink path and the purple path combined, and you'll complete 3.1 miles. Try it out next time you're walking on campus!



Warrior Fitness Trail (2.5 Miles+)

**Reminder: July Wellness Bucks Tally Sheet Due 8/12/2011**

### Signing In at Events Now Required

Attending Wellness Warrior events is a requirement to be considered for Incentive Eligibility. Formerly, all Wellness Warrior event attendance was self-reported on the monthly Wellness Bucks Tally Sheets. Going forward, we will measure event attendance from the sign in sheets and **signing in at all Wellness Warrior events is required.**



### Scan and Go!

Scan this QR code [to the left] with your Smartphone and access our website instantly! Update yourself, see the calendar of events and more!

Most smart phones should enable you to scan a QR Code. Primarily this will include iPhones, Blackberry's, the Droid, Nokia Smart Phones, and others. Some of these phones come with a QR Code reader installed. If not the user would need to download an application, which is typically free.

Scan this code with your phone!

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Both kids and adults will love these quick and fun homemade mini pizzas! Whole wheat English muffins also make a great crust!

**Did You Know....**

Many people complain that they can't eat shrimp or other seafood because of their elevated cholesterol levels. Truth is, you CAN eat these options. Ounce for ounce, seafood has about the same amount of cholesterol as chicken AND it contains beneficial omega 3 fatty acids. The key is to avoid dipping your catch in butter. As long as they're not fried or sautéed in lots of fat, these options can still be open!

**August Health Observances**

Nat'l Immunization Awareness Month

Get immunized on campus! Flu shot clinics coming soon!

For more info visit: [www.healthfinder.gov/nho/nho.asp](http://www.healthfinder.gov/nho/nho.asp)



# Monthly Recipe

## Pita Pizzas!

From Zonya Foco, RD Lickety Split Meals  
Serves 2

**Ingredients**

- 2 Whole Wheat Pitas
- 6 Tbs. Spaghetti sauce, no salt added
- 1/4 Tsp. Dried oregano
- 1/4 Tsp. Dried basil
- 1/2 Oz. 98% Fat-free ham
- 1/4 Green bell pepper, sliced
- 1/4 Small onion, sliced
- 3 Fresh mushrooms, sliced
- 1/2 C. Reduced fat shredded mozzarella cheese
- 2 Tbs. Grated parmesan cheese
- Dash of red pepper flakes

Preparation: Lay pitas on a baking sheet. Spread 1/2 of sauce onto each pita. Sprinkle 1/2 of dried oregano and basil on each pita. Dice and sprinkle 1/2 of ham on each pita. Layer 1/2 of veggies onto each pita. Complete by sprinkling 1/2 of red pepper flakes onto each pita. Broil 2 to 4 minutes, until cheese is melted and beginning to brown. Serve with salad!

**Nutrition (Per Pizza):**

- Calories: 272
- Fat: 6.5 g
- Fiber: 7 g
- Cholesterol: 16 mg
- Sodium: 747 mg
- Protein: 21 g
- Total Carbs: 37 g



Send us your recipes!  
[wellness@wayne.edu](mailto:wellness@wayne.edu)



**Remember: Protect yourself and drink plenty of water in the summer dog days!**



**Greatest Loser**  
30-day weight loss challenge  
Open to all!  
COMING IN SEPTEMBER

## August and September Events

- August 2 Meatless Main Dishes
- August 11 Wedding Dances Workout
- August 16 7 Most Effective Exercises
- August 18 & 22 Yoga Philosophies
- August 24 Yoga Clinic
- August 25 Physical Preparedness Development
- September 8 Back to School Boot Camp
- September 13 Therobics
- September 14 & 19 What is Eating You?

Keep an eye out on Pipeline! We add more events as they're planned! **Note:** For times, location and event details, please 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](mailto:wellness@wayne.edu)



Have you completed your telephonic coaching sessions with TEAM yet? You must complete these sessions by 12/31/11 to be incentive eligible. Call 888-699-3554

**WELLNESS WARRIORS**  
Are you between the ages of 18 and 89?  
**Do You Have**

**High Blood Pressure?**  
Would you like to participate in a research study?  
Get **\$50** and a free Blood Pressure Cuff  
Participation requires 2 hours of your time

**Contact**

**University Pharmacy**  
at Wayne State

PHONE: (313) 831-2008  
EMAIL: [dy7994@wayne.edu](mailto:dy7994@wayne.edu)  
Principle Investigator: Carrie Nemerowski, PharmD  
(313) 577-1696 259 Mack Ave, Suite 2190 Detroit, MI 48201

Are you interested in participating in a research study? Do you have high blood pressure? The University Pharmacy can help! For more details, call 313-831-2008

