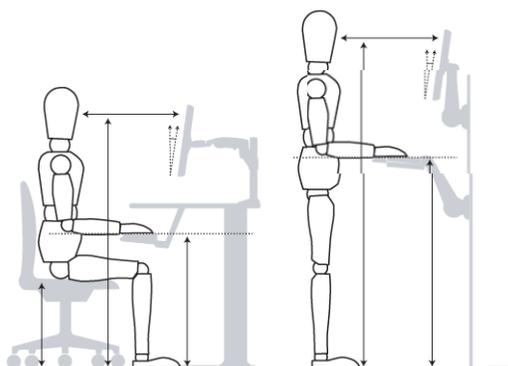


# A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

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Sophia Dollar, MPH  
Wellness Coordinator  
<http://wellness.wayne.edu>  
[wellness@wayne.edu](mailto:wellness@wayne.edu)



## Ergonomics

According to the Occupational Safety and Health Administration (OSHA), ergonomics is the science of fitting workplace conditions and job demands to the capabilities of the working population. Assessing work-related factors that may pose a risk of musculoskeletal disorders is important to ensure a safe and healthy work environment. For proper desk ergonomics, follow these basic rules while sitting or standing at your desk: **1)** Make sure your keyboard, mouse and desk accessories are at a height and distance from your body that allows you to keep your wrists straight and your elbows by your side. **2)** Make sure your computer screen is around eye-level. **3)** Adjust your office chair so you're in what's called a "90-90-90 position" -- feet flat on the floor and your knees and hips bent at 90-degree angles.

## Drink Up! Hydration 101

Daily water consumption is composed of ~50% through water intake, ~35% from food and the rest comes from metabolism.

Your body does not 'store up' liquids, so be sure to consume fluids regularly.

According to the Institute of Medicine of the National Academies, women should consume 91 oz. a day, and men need 125 oz.—a good deal more than the 64 oz. (8 cups) generally recommended.

Adequate fluid and electrolyte intake during exercise is crucial to lowering heart rate, preventing low blood sodium levels (hyponatremia), improved performance, lower perceived exertion, and faster recovery.

Drinking cooled liquids (55 °F) improve rehydration because they empty the stomach faster than room temperature fluids, can reduce body temperature, and may increase the willingness to drink.

Sports drinks are designed for exercise lasting more than an hour. Their sugars fuel your muscles and brain. The sodium enhance fluid absorption and retention. These beverages should not be consumed in excess.

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### 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 Wellness Coach at Ulliance:

**Create a Workout Tip Jar:**  
After each workout, tip yourself a dollar. After 100 workouts, treat yourself. Your treats **CANNOT** have calories!

☞ From the Nutritionist:

**A perfect dinner plate should be ½ veggies and fruits, ¼ starch and ¼ protein.**



It's time to cash in your Wellness Bucks for prizes! Hurry, supplies are limited!

We are pleased to say we're joining the ADA for the first time! We'll be raising funds and walking to STOP diabetes at the Detroit Zoo! Click here to join our team! <http://tinyurl.com/d386cgn>

On October 7, we'll be at Hart Plaza for the Michigan Humane Society's Mega March for Animals! Of course, furry friends are welcome! Join our team here:

<http://tinyurl.com/cj7eeyy>

### KEEP AN EYE ON IT

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

## Calendar of Events

August is National Immunization month! Keep up to date with your immunizations. For more info: <http://www.cdc.gov/vaccines/>

### August

- 7 Yoga at Yoga Shelter 11:30a
- 7 Yoga at Yoga Shelter 12:30p
- 8 Don't Eat Meat? 12p
- 8 Chef @ the Market 12p
- 8 Don't Eat Meat? 5:30p
- 14 Wedding Steps 5:30p
- 21 Heavy Metals 12p
- 22 7 to Heaven 12p
- 22 7 to Heaven 5:30p
- 29 General Physical Preparedness 12p



### Wellness Bucks Tally Sheet Deadline:

August due by Sept.7, 11:59P  
Sept. due by Oct.12, 11:59P

### \$125 Can Be Yours!

Will you be Incentive Eligible by Dec. 31? To review the requirements, click here:

<http://wellness.wayne.edu/incentives/php>



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



The WSU Farmer's Market is in its 5<sup>th</sup> year! The farmers market features fresh fruits, vegetables, herbs, potted and cut flowers, eggs, breads and other prepared foods, salads, and hot, ready-to-eat lunches. A majority of vendors are Detroit-based businesses or groups. Others are from within one-hundred miles of Detroit.

Join us on August 8 at noon for a cooking demo!

Get lunch and shop for dinner at the WSU Farmers Market every Wednesday through October, located on Cass, in front of Prentis Hall.

### 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  
3638 Academic and Administration Bld.  
[wellness.wayne.edu](http://wellness.wayne.edu)

## Wellness Warriors Question of the Month

Q: How many Wellness Bucks Have I earned? How can I get prizes?

The total number of Wellness Bucks earned at any given time can be viewed in your Grade Book on Blackboard. You must complete the Initial Coaching Session with their Ulliance Wellness Guide in order to redeem Wellness Bucks earned for prizes. You may request a prize at any time during the year to "cash in" your earned Wellness Bucks. Request prizes as you earn Wellness Bucks, as we have limited supplies available! Prizes must be requested by sending an email to [wellness@wayne.edu](mailto:wellness@wayne.edu) with the following information: Name, Access ID, and Prize to be redeemed. Wellness Warrior Administration will then send an authorization email with instructions on how to receive the requested prize.

For more Wellness Bucks info: <http://wellness.wayne.edu/bucks.php>