

Educate
the Mind

Energize
the Body

Encourage
Others

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This Month In Wellness

Congratulations on *nearly* completing a full year of Wellness Warriors. We love that you are striving to stay healthy. Our team is very proud of those of you who chose to take your health seriously. Many of you are leaps and bounds ahead of where you were last year. We hope this continues to be your lifestyle, so keep an eye out for upcoming news regarding next year's program in the next couple of weeks.

BACK BY POPULAR DEMAND: We are bringing back the hustle classes for

the holidays, so come join us on Fridays! But that isn't all. Make sure to check page 2 or the website for the latest programs!

Also, *THANK YOU* for the Wellness Team to those of you who completed the 2009 Wellness Participant Survey. Your feedback is integral to the success of our program. We are also pleased to announce that April Ewing-Miles was the big \$25 winner for the drawing. Congrats, April!

The TOP 20 Wellness Warrior Points Earners* are:

1. Susanne Robell
2. D'Lillian Forrest
3. Jennifer Coombs
4. Ray Robinson
5. Yolanda Dunn
6. Estella Moseley
7. Daniel Drucker
8. Anil Aranha
9. Chinazor Anyadike
10. Jeffrey Martin
11. Caroline Morgan
12. Joe Groesbeck
13. Karen Collins
14. Michelle Nawal
15. Shirley Cooper
16. Jorgelina Corbatta
17. Gloria Dakhi
18. Heather Knowles
19. Rissa Long
20. Dorinda Monson

**TALLY SHEETS DUE
BY 12/11/2009**

CONGRATS TOP 20!

*As of October 2009



Tip of the Month: Holiday Stress Management

It's December again. Yes, already! The holidays are here and they can be a joyful time! But lurking around the corner from the cookie plate is the dreaded *holiday stress*. We are all affected by the holidays, even if we do not celebrate any of the traditional winter holidays... at the very least, we must fight traffic with those last-minute shoppers!

How can you go about keeping your stress levels down and keeping your joy levels up? Here are three quick ways to avoid burning the "yule log" at both ends:

1. Take time for yourself every day, if only 5 minutes. Find a peaceful area (even the bathroom) to sit quietly, think, read, pray, or meditate. Breathe!
2. Avoid the crowds! When possible, stay home off of busy roads. Try shopping online or doing family activities away from crowded malls.
3. Exercise! Angry you missed that Black Friday sale? Work off your frustrations buy taking a 10-minute power walk or a fitness class.



"French fries" CAN be healthy!

"Don't bunt.
Aim out of the
ballpark." -
David Ogilvy



Recipe of the Month

Baked Sweet Potato Fries

Serves 4-6

Vegetable oil (for parchment paper)

2 large sweet potatoes (about 2 pounds), skins on, washed, 1/2" thick sticks

3 large egg whites

Pumpkin pie spice

Directions:

1. Preheat oven to 450°. Line two baking sheets with parchment and rub

with oil.

2. Put sweet potatoes in a covered microwave-safe container. Microwave 2 minutes, stir, and microwave 1 to 2 minutes more. Pour onto parchment-lined baking dish.

3. Whisk egg whites in a large bowl until frothy, add spices, and whisk to blend.

4. Toss the sweet-potato pieces in the seasoned egg

whites, letting the excess liquid drip back into the bowl.

5. Place in a single layer on prepared baking sheets. Bake 10 minutes, flip, and bake an additional 5-8 minutes, until golden brown.

Submitted by an anonymous Wellness Warrior



December Programs

Programming is for registered Wellness Warriors only. To register, visit Pipeline, scroll down to "Wellness" and select the program(s) of your choice.

Dec. 4: Holiday Hustle Class, Fitness Center, 12 pm

Dec. 8: Holiday Nutrition Tips, 3700 A/AB, 12:30 pm

Dec. 9: Fitness Assessments,

Fitness Center, 5 pm

Dec. 9: SPECIAL EVENT— Identity Theft Prevention, Welcome Center Auditorium, 12 pm

Dec. 10: Chef Paul's Stress & Holiday Eating Demo, UGL Bernath Auditorium, 12 pm

Dec. 11: Holiday Hustle Class, Fitness Center, 12 pm

Dec. 15: Fitness Assessment, Fitness Center, 12 pm

Dec. 16: Massage Techniques, Fitness Center, 5:30 pm

Dec. 17: Online Personal Training Demo, LOCATION TBA, 12 pm

Dec. 18: Holiday Hustle Class, Fitness Center, 5:30 pm



Winner's Circle

"I believe that the Wellness Warriors program has been instrumental in improving my health and well-being.

Since joining the program three years ago, I have stopped smoking and lost weight. For me, being a part of this program

keeps me focused on my health. If I start to slip from my program of healthy eating, [Wellness] Warriors is there to send an announcement of an upcoming program on food or exercise. I know there are always ways to improve how I take care

of me."

-Anonymous, via the 2009 Participant Survey



SEE MORE WELLNESS WARRIORS WINNERS LIKE THESE AT OUR WEBSITE!

[**CLICK HERE!**](#)