

# WELLNESS WARRIORS



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## A Higher Degree of Wellness

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### Wrapping Up 2011



Employee Engagement

The Total You

Encourage Others

It's been a great year for the Wellness Warriors. With over 1200 Wayne State University employees engaged in the program, throughout the year we were truly able to create a culture of wellness on campus.

#### 2011 Highlights:

- Over **120** educational and fitness related topics offered throughout the year,
- **200** participants joined 6-week Walking Warriors and walked over **56 MILLION STEPS!**
- Over **200** participants joined Greatest Loser, losing over **425 lbs!**
- Over **200** participants joined 30-day NutriSum and took on healthy habits,
- Over **2,250,000** Wellness Bucks have already been "spent" on prizes,
- Our program was awarded American Heart Association's Gold Level "Fit Friendly Company" and Worksite Innovation Awards



Enrollment 2012 ends in December! If you did not attend enrollment, please make an appointment at the University Pharmacy  
**313-831-2008**

We'd like to personally congratulate everyone who has participated in the services we offer, our events, joined our teams for charitable causes in Detroit and taken steps to improve their health. We wish a happy and healthy holidays to you and your family.

#### Wellness Bucks Tally Sheet

November Due 12/9/2011

December Due 1/6/12

**Prize Deadline: February 15, 2012**



We've been awarded...



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### Coming In 2012...

**New Incentive Amounts:** You will still have the chance to receive \$250, but it'll be distributed differently from 2011. For enrolling you'll receive \$50 (same as 2011), the first half of the year (January-June) you can earn \$75 and the second half (July-December) you can earn \$125.

**Website Enhancements:** We've changed our website to fit your needs. Check it out and click around!  
[www.wellness.wayne.edu](http://www.wellness.wayne.edu) We're also starting a blog!

**New Online Events:** We understand you're busy and although we recommend the experience of interactive education with other Wellness Warriors, in 2012 we'll offer some online events!

**Questions or feedback: Please contact us!**  
Email: [wellness@wayne.edu](mailto:wellness@wayne.edu)

Online Tools We Use:



Blackboard



Wellness Bucks Tally Sheet



Signing Up for Events



Email from [wellness@wayne.edu](mailto:wellness@wayne.edu)



Start your holiday party off right with this easy and healthy holiday crab dip. For an after dinner warm-me-up serve this spiced hot chocolate!

Did you Know???  
Flu shots are still available  
Call the University Pharmacy at 313-831-2008 for more info.

Maintain-Don't Gain!  
Don't let the cold weather stop you from moving. Bundle up and walk each day over the holidays. Bring your kids to help them avoid cabin fever!

### December Health Observances

12/1 World AIDS Day

12/4-12/10 Nat'l Handwashing Awareness Week

For more visit:  
<http://www.healthfinder.gov/>



## Monthly Recipes

### Holiday Crab Dip

**Ingredients:**

- 1 8-oz. tub of light cream cheese, softened
- ½ cup seafood cocktail sauce
- 1 6-oz. can crabmeat, well drained
- Low fat whole-wheat crackers or bagel chips

**Directions:** Mash the light cream cheese and spread across bottom of a decorative serving platter. Spread the seafood cocktail sauce over the cream cheese. Sprinkle the crabmeat chunks over the sauce.

**Nutrition Facts (per serving)**

- Serving size: 4 tablespoons of dip and 4 bagel chips or crackers
- Calories: 195
- Calories from Fat: 26%
- Fat: 5.5 g
- Saturated fat: 3 g
- Fiber: 1 g
- Cholesterol: 35 mg

- Sodium: 590 mg
- Protein: 10 g
- Total Carbohydrates: 24 g
- Sugars: 4 g

### Spiced Hot Chocolate

**Ingredients:**

- 4 cups prepared hot cocoa with 1% milk
- ½ teaspoon freshly grated nutmeg
- ½ teaspoon chili powder
- 4 cinnamon sticks

**Directions:** Combine cocoa, nutmeg and chili powder. Pour into mugs and serve with a cinnamon stick.

**Nutrition Facts (per serving)**

- Per serving:** 175 calories; 4 g fat ( 2 g sat , 1 g mono ); 12 mg cholesterol; 30 g carbohydrates; 8 g protein; 1 g fiber; 161 mg sodium; 487 mg potassium.
- Nutrition Bonus:** Calcium, protein, and riboflavin (a B vitamin)

NutriSum 30 day lifestyle challenge runs Nov. 1-30!

In the lead....**TEAM 8!!!**



For more info: [wellness.wayne.edu/nutrisum.php](http://wellness.wayne.edu/nutrisum.php)



Blackboard

Will you receive the End of Year Incentive of \$100? Check your Blackboard grade book to see if you've reached what you need:

- 3 events (July-December)
- 3 Wellness Coaching Sessions!



## December Events

**Donation Drive:** Bring a new or gently used cold weather item(s) to any event this month and earn 500+ Wellness Bucks!

**December 5** Eating Healthy for the Holidays

**December 8** Holiday Stress

**December 13** Last Chance Workout

**December 16:** Rudolph Run

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 a total of three (3) sessions by 12/31/11 to be incentive eligible. **Call 888-699-3554**

## Sign In at Events

Formerly, all Wellness Warrior event attendance for earning incentives 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 important.**

