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A Higher Degree of Wellness

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FEBRUARY 2011

2011 Program Overview

Welcome to the 2011 Wellness Warriors program! Each month you will receive this newsletter that brings you updates, wellness news, Wellness Warrior event schedules, recipes and more.

So far, we've had people ask: "What should I do next?" and our answer is simply: "Stay engaged!" We say this because the Wellness Warriors program is meant to engage you in activities throughout the year at your own pace. Many free services are provided to Wellness Warriors through our partners, including free personal training, nutrition consultations, fitness assessments, medication therapy manage-

ment, diabetes education, smoking cessation, Wellness Coaching and more. You can make the program fit YOUR needs by rendering these services at any time throughout the year.

To sign up for any of the free services offered to Wellness Warriors, contact the appropriate partner. For a complete list of contact information visit <http://www.wellness.wayne.edu/contact.php>

Each month, you can track your physical activity and Wellness Warrior activities on the Wellness Bucks Tally Sheet found in Blackboard. To complete the Wellness Bucks Tally Sheet, log into Blackboard and click on the

2011 Wellness Warriors organization that you have been granted access to, found in the "My Organizations Plus" box.

Please join us on **February 14** for a 2011 Program Overview Q&A session open to all Wellness Warriors! This is a great time to ask any unanswered questions you may have. Register via Pipeline's Training, Seminars and Workshops.

Contact Wellness Warriors:
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Employee Engagement

The Total You

Encourage Others

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Happy Valentine's Day

FEBRUARY TO-DO LIST:

- Join Greatest Loser by 2/4!
- Start Attending Events
- Submit Jan. Tally sheet by **Feb. 11**
- Initial TEAM Coaching Session
- Submit Feb. Tally sheet by **Mar. 11**

**FEBRUARY TALLY SHEETS
DUE BY:
March 11, 2011**

American Heart Month



Did you know between 60-70% of Americans are either overweight or obese? Obesity is defined simply as too much body fat. If you have too much fat – especially around your waist– you're at higher risk health problems, including high blood pressure, high blood cholesterol, diabetes, heart disease and stroke (AHA.gov, 2011).

Because February is American Heart Month, Wellness Warriors wants you to start thinking about your habits that may contribute to weight gain.

How often do you eat fruits and vegetables? How often do you raise your heart rate for at least 20 minutes? Do you smoke? How would you rate your stress level? How many hours of sleep do you get each night? All of these factors can

contribute to weight gain if you don't keep them in check.

A great tool to use to track your health habits is the internet. Did you know many free tracking tools are available? Check out our recommendations:

Heart 360° Provided by the American Heart Association, this free tool lets you sign up for a free HealthVault account where you can confidentially store your health information, personalize your tracking and manage your health.
Visit www.heart360.org

MapMyWalk or MapMyRun Both of these websites let you create walking or running maps for yourself, track your distance or time, measure how far you

just ran or walked, log your workouts, create walking or running groups and more. This free tool is great to get started outside!

Visit www.mapmywalk.com or www.mapmyrun.com

MyPyramid.gov brought to you by the USDA is a free tool for all things food related. Here you can track your food intake and physical activity, then compare the two to see if you balance out. You can also use the MyPyramid Meal Planner and MyFoodapedia to meal plan and learn more about the nutritional value of the foods you're eating.

Visit www.Mypyramid.gov



Whole wheat flour and high-fiber cereal are the goodies tucked in this chocolate lover's sweet muffin!

Winter Treat

When preparing your favorite hot coco recipe, add a few drops of peppermint extract to make it a minty winter treat!



February Health Observances

American Heart Month
 Nat'l Wear Red Day 2/4
 Nat'l Donor Day 2/14
 Become a donor:
organdonor.gov

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



Monthly Recipe

Double Chocolate Muffins

Makes 12 muffins

Ingredients:

- 1 Cup Fiber One original bran cereal
- 1 1/3 cups buttermilk
- 1/4 cup canola or vegetable oil
- 1 egg
- 3/4 cup packed brown sugar
- 1/2 cup whole wheat flour
- 1/2 cup all purpose white flour
- 1/2 cup unsweetened baking cocoa
- 1 tsp. baking soda
- 1 tsp. vanilla
- 1/4 tsp. salt
- 1/3 cup miniature semisweet chocolate chips

Preparation:

Heat oven to 375°F. Place paper baking cup in each of 12 regular-size muffin cups. Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor). In medium bowl, mix cereal and buttermilk; let stand 5 minutes. Stir in oil and egg. Stir in remaining ingredients except chocolate chips. Stir in chocolate chips. Divide batter evenly among muffin cups. Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan. Serve warm.

Nutritional Information:

- Calories: 210
- Total Fat: 7 g
- Cholesterol: 20 mg
- Sodium: 360 mg
- Carbohydrates: 31 g
- Fiber: 4 g
- Protein: 4 g
- Exchanges: 1 starch; 1 other carbohydrate; 0 vegetable; 1 1/2 fat



February Events

- Month-long Greatest Loser
- Every Wednesday Budget Wise
- 1 Functional Fitness
- 8 "Cy-yo" Yoga/Cycle Combo
- 10 Less Your Stress
- 14 2011 Program Overview Q&A Session
- 15 Nutrition- Healthy Ways to Snack
- 22 Back Care
- 24 Warm Up Like an Athlete

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

Register for Budget Wise!
 Financial Fitness: Increasing Your Cash Flow
 4-Part Series brought to us by: HAP
 Register via Pipeline's Training, Seminars and Workshops. Space is limited. Please be able to attend all four sessions.



30-day weight loss program
 Registration ends 2/4
 Workouts start 2/7
 Join today @ MHRFC
 Green Team meets: 7a MWF
 Black Team meets: 12p MWF
 Gold Team meets: 5:30p MWF
 Weekly Monday Weigh-ins!
 Space is limited!



Become a donor!
www.organdonor.gov