Can you believe it? We’re already entering the third quarter of the 2010 Wellness Warriors program!

If you’re following along, this means an increase in your activity level goes into effect. We’ve designed the Wellness Warrior program to follow a progression of increased physical activity. Hopefully you’ve become more active since joining Wellness Warriors in February. In quarter 3 we’re requiring at least 6 hours of physical activity and one Wellness Warrior event tracked on your monthly Wellness Bucks Tally Sheet to maintain “compliant” status. The more you move, the more points you earn for Wellness Buck Prizes!

Also, one of the program requirements to receive Wellness Buck Prizes is to submit a goal sheet to your Wellness Coach. Goal sheets are a very simple and useful tool to hold yourself accountable and remind yourself of what you’d like to achieve!

For and program rules, visit the Wellness Warrior website and click on “How it Works” and “Wellness Bucks Program”. We also upload all of the events’ power-point presentations on the “Tips and Articles” page.

We’d like to thank you for participating in this great opportunity to becoming more physically active and healthier at Wayne State University. Feel free to stop by or contact us at:

5700 Cass Avenue
A/AB, Suite 3638
wellness.wayne.edu
313-577-6816

Laughter’s health benefits are no joke. A sense of humor helps us deal with the difficulties of life and ward off depression. But, laughter is not only helpful for our minds.

According to the Mayo Clinic, laughter’s benefits are mounting; it can’t cure all ailments, but the positive effects are helpful to your body during stressful times. When you start to laugh, it actually induces physical changes in your body.

An increase of oxygen-rich air, endorphins, and circulation can give you a relaxed feeling, reducing some of the symptoms of stress.

The short and long term effects of laughing include:

- Stimulates your organs
- Activates and relieves your stress response
- Soothes tension and stomachaches; eases digestion
- Improves your immune system
- Relieves pain
- Increases personal satisfaction

To read the full article, visit mayoclinic.com and type in “No Joke”

Source: Mayoclinic.com
Recipe of the Month

Oatmeal Fruit Muffins

Serves 12

Ingredients:
- Vegetable oil spray
- 1 cup all-purpose flour
- 3/4 cup uncooked quick-cooking or regular rolled oats
- 1/3 cup toasted wheat germ
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 3/4 cup fat-free milk
- 1/2 cup firmly packed light brown sugar
- Egg substitute equivalent to 1 egg, or 1 egg
- 1/4 cup unsweetened applesauce
- 1/2 teaspoon vanilla extract
- 1/2 cup snipped dried figs or apricots

Directions:
Preheat the oven to 400°F. Line a 12-cup muffin pan with paper bake cups or lightly spray with vegetable oil spray.

In a medium bowl, combine the flour, oats, wheat germ, baking powder, cinnamon, baking soda, and salt. Make a well in the center.

In another medium bowl, stir together the remaining ingredients except the figs.

Stir the liquid mixture into the dry mixture until just moistened (batter should be lumpy). Fold in the figs. Spoon the batter into the muffin cups, using about 1/4 cup batter for each cup.

Bake for 10 to 12 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack for 5 minutes. Remove the muffins from the bake cups. Serve warm or at room temperature.

Nutritional Information:
- Calories: 133
- Total Fat: 1 g
- Saturated Fat: 0
- Trans Fat: 0
- Polyunsaturated Fat: .5 g
- Monounsaturated Fat: 0
- Cholesterol: 0
- Sodium: 165 mg
- Carbohydrates: 28 g
- Fiber: 2 g
- Sugar: 14 g
- Protein: 4 g

We’d love to use your recipes next month! Send your healthy recipes to wellness.wayne.edu!

July Events*

July 5 WSU CLOSED
July 6 Women’s Pelvic Floor Health
July 6 Men’s Pelvic Floor Health
July 7 Body Bar Training
July 8 Women’s Pelvic Floor Health
July 8 Men’s Pelvic Floor Health
July 9 Greatest Loser Starts!
July 13 Understanding Cholesterol
July 14 Cardio Blaster
July 16 Less Your Stress
July 23 Intro to Pilates
July 28 Fitness 101: Back to the Basics
July 29 Glucose Monitoring

*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

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Farmers Market is Open!!!
Every Wednesday
June 9 to October 27
11 AM to 4 PM
5201 Cass Ave., in front of Prentis Hall Across from the Detroit Public Library.

**Starts July 9!!!**
Morning, noon or night sessions!

New Weight Watchers at Work sessions start in July. For dates and times, contact maryhunter46@com (AAB meetings) or amorwhiterose@aol.com (Scott and State Hall meetings)

Did you know sun BLOCK protects more than sun screen?? All skin types are susceptible to sun related skin damage! Always use at least SPF 30 - even on cloudy days!