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A Higher Degree of Wellness

VOLUME 3, ISSUE 7

JULY 2011

Employee Engagement
The Total You
Encourage Others

From Pyramid to Plate

Source: ChooseMyPlate.gov

The well-known pyramid shaped nutrition diagram, also known as "MyPyramid" or "The Food Guide Pyramid" is no longer being used by the United States Department of Agriculture (USDA). An easier to read, user-friendly visual is being used: a place setting (see below). The colorful and simple depiction of a

place setting is being used to help the every-day American conquer healthier food choices at each meal.

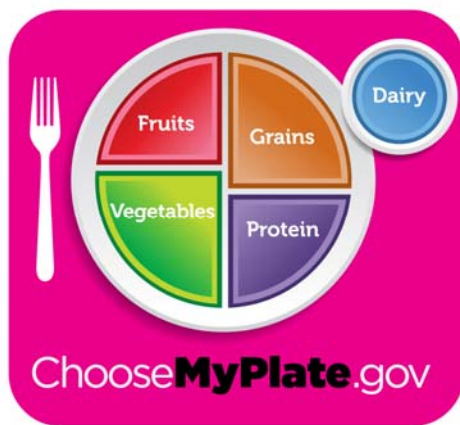
Along with the new visual comes an improved usda.gov website with practical information and tips to help Americans build healthier diets. It features 7 key consumer messages from the 2010 Dietary Guidelines for Americans including:

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Switch to fat-free or low-

fat (1%) milk

- Make at least half your grains whole grains
- Compare sodium in foods like soup, bread and frozen meals—and choose foods with lower numbers
- Drink water instead of sugary drinks

The new ChooseMyPlate visual is intended to provide a new visual cue and reminder of what healthy eating looks like. For more information on healthy eating and the new USDA guidelines visit: ChooseMyPlate.gov



Reminder: July Wellness Bucks Tally Sheet: Due August 12

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July is UV Safety Month



Summer is the perfect time for Wellness Warriors to remind its participants about the dangers of exposure to ultraviolet (UV) radiation, and how to protect themselves in the sun. Read on to learn more...

UVA & UVB – what's the difference?

- UVA penetrates deeply into the skin and causes wrinkling or leathering of the skin.
- UVB is the type of radiation that causes sun burns.
- BOTH types can cause skin cancer.

Who's at risk?

- People at highest risk for skin cancer are those who spend excessive amounts of time in the sun, as well as those who burn easily or frequently

- Although the risk of skin cancer is not equal for all, everyone should take precautions
- Everyone is equally at risk for eye damage due to overexposure to the sun's UV radiation
- Remember, animals are susceptible to UV radiation as well! Pets with little or no hair are susceptible to sun burn.

Stay Safe in the Sun!

- Wear Sunscreen– Sunscreens with Sun Protection Factor (SPF) 15 and above provide protection from both UVA and UVB by prolonging the amount of time it takes for the sun's rays to cause reddening of the skin. Sunscreen must be applied every two hours to remain effective. The longer the amount of

time you expect to be outdoors, the higher your SPF should be.

- Wear Sunglasses– UV rays can burn the cornea of your eyes, leading to cataracts which can cause blindness. Wear sunglasses that have 100% UV protection. Don't be fooled by how dark or expensive the sunglasses are. Even some the most expensive sunglasses don't provide full UV protection.
- Seek Shade– Seek shade between the hours of 10a-4p any time of year, especially during summer. Remember, pets need shade, too.
- Check the UV Index– Index levels range from two to 11+, where levels six and above are high risk. Check your UV index before going outside at: <http://www.epa.gov/sunwise/uvindex.html>



This smoothie is packed with nutrients and makes for a great summer breakfast!

Did You Know...

The body requires fewer than 500 mg of sodium per day.

The recommended safe intake level is 1,500 to 3,000 mg per day.

The average North American takes in up to 8,000 mg of sodium per day.

Sodium holds water, which can aggravate blood pressure.



July Health Observances
UV Safety Month

Therapeutic Recreation Week
July 10-16th

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



Monthly Recipe

Smoothie

From Zonya Foco, RD Lickety Split Meals
Makes 4 smoothies

Ingredients

- 1 cup skim milk, soy milk or nonfat plain yogurt
- 1 T sugar
- 2 cups frozen strawberries, unsweetened
- 1 (6oz) banana, frozen is especially good
- 3T Wheat germ and/or ground flax seed
- 3 ice cubes (if your strawberries aren't frozen)
- 1/2-1 cup orange juice (optional)

Preparation:

Buzz all ingredients together in a blender or food processor. This produces a thick, frozen

consistency, perfect for eating with a spoon. Add fruit juice to attain a desired consistency, perfect for straw sipping. Serve with a whole grain bagel for a complete meal.

Substitute blueberries for strawberries for a fun blue smoothie! Kids love it!

Nutrition Facts:

- Calories: 128
- Fat: <1g
- Fiber: 3g
- Sodium: 30mg
- Protein: 5g
- Total Carbs: 28g
- Sugars: 18g



Send us your recipes!
wellness@wayne.edu



Remember: Protect yourself and wear sunscreen in the summer sunshine!

Remember to record all of your event attendance on your monthly Wellness Bucks Tally Sheet submitted via Blackboard!

July Events

- July 7 Overview for Mid Year Enrollees
- July 7 Punches, Strikes and Kicks!
- July 12 Overview for Mid Year Enrollees
- July 14 Pressure Points: Alleviating Stress
- July 15 Fit Trail Friday
- July 21 Importance of Eating Breakfast
- July 22 Fit Trail Friday
- July 26 Zumba
- July 29 Fit Trail Friday

Keep an eye out on Pipeline! Sometimes we add more events that are not listed here!

Note: For times and location 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



Have you completed your coaching sessions with TEAM yet? You must complete these sessions by 12/31/11 to be incentive eligible.
Call 888-699-3554

WELLNESS WARRIORS
Are you between the ages of 18 and 89?
Do You Have
High Blood Pressure?
Would you like to participate in a research study?
Get **\$50** and a free Blood Pressure Cuff
Participation requires 2 hours of your time
Contact
University Pharmacy
at Wayne State
PHONE: (313) 831-2008
EMAIL: dy7994@wayne.edu
Principle Investigator: Carrie Nemerovski, PharmD
(313) 577-1696 259 Mack Ave, Suite 2190 Detroit, MI 48201

Have high blood pressure? The University Pharmacy can help!
Call 313-831-2008 if you're interested in participating in a research study!

