

A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

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Staying hydrated is extremely important in the summer months! Water is always the best choice, but you can spruce it up a bit! Try adding the following to your water for a refreshing taste: lemon wedges, cucumber slices, frozen berry ice cubes (freeze berries inside of ice cubes), use a muddler and add your favorite fruit, or mint leaves! Don't forget that sparkling water is also a great hydrating choice!

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To Gym or Not to Gym...

Not everybody loves going to the gym. In fact, if you asked most Americans, their immediate response would probably be something along the lines of "Ugh..." or "I *force* myself to go" or "I haven't been *there* in a while". Well, we're here to help ease your fear of the gym! In fact, we think you can get a good workout in without the gym! NO, you're not off the hook. We did not say give up exercise altogether. Simply GET OUTSIDE! Biking, soccer and swimming are great cardio workouts. Pushups, planks, stretching, yoga and other movements are easy to do in the grass. Get creative-use your backyard as your gym!

Exercise vs. Physical Activity

The American College of Sports Medicine's overall recommendation is for most adults to engage in at least 150 minutes of moderate-intensity exercise each week. Did you know, there is a difference between physical activity and exercise? Exercise is a type of physical activity which is planned, structured, and repetitive bodily movements done to improve or maintain physical fitness. This means you may have a misconception of your daily minutes of exercise. Are you simply moving around (physical activity) or are you doing exercise? Perhaps walking to the next building for a meeting isn't enough...Talk with a personal trainer if you have more questions! <http://rfc.wayne.edu/>

WELLNESS TIPS & TRENDS

Each month our contributors from Mort Harris RFC, University Pharmacy and Ulliance will have wellness tips and trends for you!

✦ From the WELLNESS COACH

Here's a few inspirational (and funny) wellness tid bits:

- Do not reward yourself with food. Reward yourself with a walk or relax time.
- Stressed is desserts spelled backwards!
- There is no diet that will do what healthy eating does.
- Biceps don't grow on trees.
- Never eat directly from a food container. ALWAYS measure out your portion and put away the rest!

✦ From the PHARMACIST

Suffer from tension headaches? Relaxation and stress management is key for prevention. Deep-breathing exercises and meditation are two ways to bring relaxation into your daily schedule. Even just 10 minutes a day can make a difference. For more info: <http://tinyurl.com/8y9njce>

Don't forget your sunblock!
Look up your area's UV Index!

<http://www.epa.gov/sunwise/uvindex.html>

The UV Index predicts exposure levels on a 1–15 scale; higher levels indicate a higher risk of overexposure. Calculated on a next-day basis for dozens of cities across the United States, the UV Index takes into account clouds and other local conditions that affect the amount of UV rays reaching the ground.



So far, the **BLACK** team is in first place, with 1341 points. Not far behind is the **GREEN** team with 1197 points and the **GOLD** team with 1025 points. Keep it up, participants!

KEEP AN EYE ON IT

This section will bring you events, competitions, current winners and more.

Tee Shirt Contest
VOTE BY JUNE 8!



Go here to vote:

<http://www.surveymonkey.com/s/HGPKVBz>



<http://tinyurl.com/cnz8zl6>



<http://tinyurl.com/7f9yags>

Calendar of Events

June

- 5 Food is Medicine w/ Dr. Kahn
- 7 Outdoor Galore
- 8 Walk for a Cause Friday
- 13 Sun Salutations/Light Yoga
- 15 Greatest Loser Ends
- 21 More Than Abs
- 22 Walk for a Cause Friday
- 26 Don't Lose Your Balance
- 27 Fast Food, No Problem
- 30 Race and Remember

Wellness Bucks Tally Sheet Deadline:

May deadline June 8 by 11:59P
June deadline July 6 by 11:59P



Are You Incentive Eligible? Log into your Blackboard Grade Book to see if you've reached the requirements.
blackboard.wayne.edu



Have you started your free Wellness Coaching with Ulliance? Call **888-699-3554** to get started!

To pre-register for an event 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 Warriors" category and click on your choice of events.



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Wellness Warriors Question of the Month

Q: What events count towards earning incentives?

Any event listed on the Wellness Warriors events calendar counts towards earning incentives. Remember, you **MUST** sign in at events on the sign in sheet for your event attendance to get credit! The events calendar can be viewed in many different ways. You can even download it into your Outlook Calendar!

Click here to view Wellness Warrior Events:

<http://wellness.wayne.edu/events.php>

For more FAQ: <http://wellness.wayne.edu/faq.php>