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A Higher Degree of Wellness

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MARCH 2011

Employee Engagement
The Total You
Encourage Others

Let's Get Outside!

We're well into our new year and some of you may be feeling that urge to get going; spring is peeking in and we're ready for warm weather! Now is a great time to start exercising outside, and we're here to help! Here are a few ways to get going outside:

Walking Warriors

This 6-week walking program will be running April 3-May 14. Participants will wear a pedometer every day and record the number of steps they took online, weekly. Registration will end on March 28. Join and receive a free pedometer! Registration info coming soon! Walk or run with us every Friday in April! Meet in front of AAB (5700 Cass) at 12p and walk/run for 1 hour!



Here's another way to get engaged with Wellness Warriors! Did you know that Wellness Warriors participates in charitable events?

We're calling on YOU to join us for some great causes. Joining teams to walk, jog or run at races is a great way to keep moving. You'll also earn credit towards your Wellness Warrior events! This year, the Wellness Warriors are participating in two races:

Susan G. Komen Race for the Cure 5/21/2011

Register online! Our team name is "Wayne Cares Wellness Warriors". More information is coming soon!



Hospice of Michigan Race and Remember 6/11/2011

Register online! Our team name is "WSU Wellness Warriors (Cassie Sobelton)". More information is coming soon!



Joining the Walking Warriors, Race for the Cure or Race and Remember counts towards your Wellness Warrior events to be incentive-eligible. Be sure to mark them on your Wellness Bucks Tally Sheet!

Contact Wellness Warriors:
5700 Cass Avenue
A/AB, Suite 3638
Phone: 313-577-1658
Email: wellness@wayne.edu
www.wellness.wayne.edu



MARCH TO-DO LIST:

- Join Walking Warriors
- Submit Feb. Tally sheet by March 11
- Initial TEAM Coaching Session
- Submit March Tally sheet by April 8

MARCH TALLY SHEETS
DUE BY:
April 8, 2011

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National Nutrition Month®

Last month, we published online tools and resources to track your progress for walking, eating right, or keeping track of your numbers. This month, we're giving you a reason to start tracking your eating, because, as the American Dietetic Association would say, "If it's March, It's National Nutrition Month!" The National Nutrition Month campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Here are a few of our favorite tips from the American Dietetic Association to choose foods packed with vitamins, minerals, fiber and other nutrients:

- 1) Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
- 2) Try crunchy vegetables instead of chips with your favorite dip or low-fat dressing.
- 3) "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, pep-

- pers, cucumbers and tomato as fillings
- 4) Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- 5) Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

For more great tips, visit www.eatright.org

Did you know, all 2011 Wellness Warriors receive one free visit with a registered dietitian at the Mort Harris Recreation and Fitness Center? To schedule your first appointment, call 313-577-5857.

National Nutrition Month® 2011





This salad is fresh and crisp, just in time for spring. Try this homemade vinaigrette with asparagus and green beans, too!

Spring Treat

Make your own smoothie! Store bought or restaurant smoothies are packed with processed sugar. Blend frozen fruit, yogurt and anything else you'd like! You're better off when you know exactly what's in there!

March Health Observances

Nat'l Colorectal Cancer Awareness Month
 Nat'l Nutrition Month
 Nat'l Sleep Awareness Week 3/7-3/13

Become a donor: organdonor.gov

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



Monthly Recipe

Lemon-Mint Snap Peas & Lima Beans

Makes 6 servings; 2/3 cup ea.

Ingredients:

- 1 small shallot, minced
- 2 Tbs. extra virgin olive oil
- 2 Tbs. lemon juice
- 2 Tbs. chopped fresh mint
- 1 tsp. Dijon mustard
- 1/4 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 Lbs. sugar snap peas, trimmed
- 1 tsp. baking soda
- 10 oz. frozen baby lima beans, thawed

Preparation:

Vinaigrette: Whisk shallot, oil, lemon juice, mint, mustard, sugar, salt and pepper in a large bowl.

Vegetables: Bring 2 inches of water to a boil in a medium saucepan fitted with a steamer basket. Steam snap peas and lima beans until the snap peas are tender-crisp and the lima beans are heated through, 5 to 7 minutes. Toss with the vinaigrette.

Nutritional Information:

- Calories: 137
- Total Fat: 5 g
- Saturated: 1g
- Monounsat.: 4g
- Cholesterol: 0 mg
- Sodium: 132 mg
- Carbohydrates: 18 g
- Fiber: 5 g
- Protein: 5 g
- Exchanges: 1/2 starch; 1 vegetable; 1 fat



March Events

- 2 Budget Wise Overview
- 3 Body Weight Boot Camp
- 10 Spin for FUN!
- 15 Blood Pressure Medication Therapy
- 16 Move Well 5 Min. Assessments
- 24 Setting Goals and Staying Motivated
- 31 Core Training

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

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



2011 Walking Warriors
 6-week walking program runs April 3-May 14!
 Walk anywhere, anytime!
 Registration forms coming soon!
 Registration due by March 28
 Space is limited!

Join team "Wayne Cares Wellness Warriors!" at Susan G. Komen Race for the Cure May 21, 2011 in downtown Register online. More registration info coming soon!



Did you get a flu shot? It's not too late! Call the University Pharmacy at 313-831-2008

