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## A Higher Degree of Wellness

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Educate the Mind  
Energize the Body  
Encourage Others

### This Month in Wellness: Eat Real Food

After viewing *Food Inc.*, a controversial and enlightening documentary, many Wellness Warriors have commented that they will in fact change their eating behaviors. Michael Pollan is one of the men behind this inspiring documentary that discusses the dangers of our food industry.

For 20 years Michael Pollan, author of "The Omnivore's Dilemma", "In

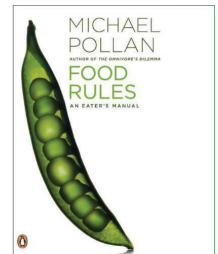
Defense of Food" and "Food Rules", has been writing about food, the food industry, agriculture and the way humans eat.

His newest book "Food Rules" is just what it sounds like: a book of simple rules of what to eat, how much to eat, etc.

*Food Rules* is simple and straightforward, with one rule for eating wisely per page, followed by a concise explanation.

We challenge you to start thinking about what you're eating, and follow Pollan's simple rules: "Eat Food. Not too much. Mostly plants." Start simple by reading your food labels, stick to your grocery list and shop in the produce section for most items.

Keep an eye out for the Wellness Warriors Food Challenge, coming soon!!!



"The markets are full of what I call edible food-like substances that you have to avoid," says Michael Pollan.

#### MAY TO DO LIST:

- Submit Goal Sheet to Coach
- Complete my fitness assessment
- Submit April Tally sheet by May 7
- Attend a Wellness Warrior seminar
- Submit May Tally sheet by June 11

MAY TALLY SHEETS  
DUE BY:  
JUNE 11, 2010

#### \*\*Reminder\*\*

We've begun submitting Tally Sheets online via **Blackboard**. You can instantly view your points in your grade book!

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### Tip of the Month: Think Financial Wellness

Seminars, health assessments, nutritionists, health fairs, exercise classes, you name it; they're all (thankfully) offered by most employee wellness programs. But, what about your money? Financial stress is arguably one of the top stressors on a household's list.

In fact, according to The New York Times, stress associated with economic worries can affect people in different ways. Some people find themselves more anxious, lethargic, sleep-

less, and with higher blood pressure. Others may turn to gambling, alcohol or drug use.

The Wellness Warriors program is pleased to start providing services for financial wellness to Wayne State Wellness Warriors. We look forward to providing seminars, tips and tools on saving for that big purchase, sending your kids to college, sticking to a budget and more. Keep an eye out for further details!

Source: nytimes.com, April 8, 2009

#### QUICK TIP

Brought to you by:



WSU's Employee Assistance Program powered by TEAM provides tips and tools for becoming financially well. Visit TEAM's financial help section in the TEAM Life Enhancement Resource Center:

[Click Here!](#)



This light and refreshing dessert takes less than 10 minutes to prepare and is less than 100 calories!

### May Health Observances

- Mental Health Month
  - Nat'l High Blood Pressure Education Month
  - May 9: Women's Health Week
  - May 19: Nat'l Employee Health and Fitness Day
  - May 31: World No Tobacco Day
- For more info visit:  
[www.healthfinder.gov/nho/nho.asp](http://www.healthfinder.gov/nho/nho.asp)

*"To lengthen thy  
 Life, lessen thy  
 Meals"  
 -Ben Franklin*



## Recipe of the Month

### White Chocolate Mousse with Berries

Serves 8; 6 cups

#### Ingredients

- 1 small box (1 oz) sugar free instant white chocolate pudding
- 2 cups fat-free milk
- 2 cups fat-free whipped topping
- 2 cups fresh berries (or frozen, thawed) (such as raspberries, blueberries or huckleberries)

#### Directions

In a medium bowl, mix pudding with milk. Stir constantly with a wire whisk for 2 minutes. Refrigerate for 5 minutes. Add whipped topping and mix well. Layer

mousse with berries in a serving bowl or individual parfait glasses. Be sure to save some berries for the top. This is ready to eat or you can refrigerate it and serve later.

#### Nutritional Information

- Calories: 78
- Calories from Fat: 0
- Total Fat: 0 g
- Saturated Fat: 0 g
- Polyunsaturated Fat: 0
- Monounsaturated Fat: 0
- Cholesterol: 1 mg
- Sodium: 196 mg
- Total Carbohydrate: 16 g
- Dietary Fiber: 2 g
- Sugars: 6 g
- Protein: 2 g
- Source: American Diabetes Assoc.

### ATTENTION GOLFERS!

Wellness Warriors will be given a chance to learn about the latest technology by Dartfish, used to analyze your stance, swing, posture, etc. This video analysis software allows for side-by-side comparison of your movements. The DMC Sports Academy is bringing this to YOU! Come to the Dartfish Golf Analysis seminar on May



18th or 21st and you can win a personalized session worth \$150 !!! Register via Pipeline.

## May Events\*

- May 4 Smoking Cessation
- May 5 Improving Your Flexibility
- May 11 Understanding Your Blood Pressure
- May 14 The Importance of Sleep
- May 18 Dartfish Golf Analysis
- May 19 Nat'l Employee Health and Fitness Day – FREE MHRFC Entry ALL day!
- May 21 Dartfish Golf Analysis
- May 22 Race for the Cure
- May 24 Getting to the Dr.: A Checklist
- May 25 Core Strength
- May 27 Safety in the Sun
- Month-long: Fitness Assessments

\*Note: For times and location details, please visit [wellness.wayne.edu](http://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" icon
- 4) Scroll down to "Wellness" category and click on your choice of events.

Women's Health Week starts on Mother's Day, May 9th and lasts until May 15! This year's theme, "Its Your Time" encourages women to take simple steps like getting regular check ups, pay attention to your mental health and stay active.

For more information visit  
[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)

Join the "Wayne Cares Wellness Warriors" team for Race for the Cure and get 2 T-shirts! Visit [karmanos.org](http://karmanos.org) to register!

Michigan goes smoke-free May 1st!

### ATTENTION:

Farmers Market is Coming!!! If you watched Food Inc. with us last month, you know exactly why we should be choosing locally grown foods from a farmer's market.

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.