

### Join the Fun!



*Join the commitment to a longer, healthier lifestyle. Re-enroll today!*

*The 2016 Wellness Warriors Annual Open Enrollment for benefit eligible WSU Employees is from 10/20 - 12/3/2015.*

Participation is on an annual basis where re-enrollment is required year over year.

You will receive **\$75 for enrolling** in the 2016 Wellness Warriors Program. You will also have the opportunity to earn an

additional \$175 in cash incentives throughout the year. **Join during the month of November and be entered in a drawing for the chance to win an iPad.**

#### NEXT STEPS

**STEP 1:** Sign up for an appointment during one of the Wellness Warriors Open Enrollment sessions on **Academica** through Trainings, Seminars, Workshops.

**STEP 2:** Prior to attending your Wellness Warriors Open Enrollment appointment complete the **Health Risk Assessment**.

**STEP 3:** Attend your scheduled appointment where you will complete the **biometric screening**.

**STEP 4:** Everyone who completes all enrollment steps will be notified and welcomed to the 2016 program.

For more information visit: <http://wellness.wayne.edu/enrollment.php>

### Grow your moustache during the month of November.

#### Do it for men's health.

1. Sign up and start clean shaven
2. Grow and groom your moustache during the month of November
3. Raise funds and awareness for men's health



## Men's Health

source: MOVEMBER FOUNDATION

Take control of your health and look after yourself. **Start here**

- Check in regularly with friends and family
- MOVE
- Talk about the big stuff in life
- Knowledge is power
- If you notice something, do something



Photo credit: <https://us.movember.com/mens-health/general>

For the full article and additional information on **Your Health**, [click here](#).

### What's Going On!

Visit our [Events Calendar](#) and then register through your [Academica](#) account on TSW

- > Check out this month's Fitness classes featuring Hip Hop Workout, Vinyasa, & Cardio Kickboxing with MHRFC instructors
- > Sign up for a one-on-one appointment with our Wellness Warriors Nutritionist, Debbie Cavender

> Continuing Programs

[Lose Weight with Tina](#)

[Diabetes Prevention Program](#)

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# QUIT LIKE A CHAMPION™

## Great American Smokeout®



Get ready to lose — the habit, and become victorious over tobacco.

The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the United States.

So if you can quit for one day, you've taken an important step toward a healthier life. It's a race for your health, and it starts today.

Today's the day that quitters win.

### Why Quit?

The health benefits begin the moment you stop smoking. Quitting at any age can give you back years of life that would be lost by continuing to smoke.

### More Information about Quitting

Sure, it's hard to be a quitter, but with help, you can increase your chances of success.

The American Cancer Society can coach you through it, step by step, by providing quit-smoking programs, resources, and support that can increase your chances of quitting and staying quit.

To learn more, call us at 1-800-227-2345 or visit [cancer.org/smokeout](http://cancer.org/smokeout) to find free tips and tools.

### How does your body recover after smoking ...

20  
minutes



Your heart rate and blood pressure drop.

12  
hours



The carbon monoxide level in your blood drops to normal.

2-3  
weeks months



Your circulation improves, and your lung function increases.

1-9  
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1  
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5  
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10  
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15  
years



The risk of coronary heart disease is that of a non-smoker's.

## Included Services as a Wellness Warriors Participant

Wellness Warriors receive many free services after enrollment. Starting in January of each year, enrolled participants are free to take part in our Wellness Warrior events, the Wellness Bucks Program, and free services, based on risk level, offered by WSU's very own Mort Harris Recreation and Fitness Center, the University Pharmacy and Ulliance.

See below for this month's featured service. For information on the other included services, please visit: <http://wellness.wayne.edu/free-services.php>

### Smoking Cessation for Wellness Warriors

This service is rendered at the University Pharmacy. Because smoking is the most preventable cause of premature death in the United States, the Wellness Warriors Program urges all smokers to go through smoking cessation sessions. Over a few sessions, certified smoking cessation pharmacists will discuss the many aspects of quitting, including the different types of products that can increase your chances of quitting for good.

To schedule Smoking Cessation call the University Pharmacy at 313-831-2008.

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## Tobacco-related Mobile Apps

Smoking is one of the rare things in life when it's ok to be a quitter. Download these mobile apps to help you quit smoking today!

- QuitGuide provides insight into what to expect when you quit.
- NCI QuitPal supports smokers working to become smoke free.
- QuitSTART provides tips to use during cravings.



# WE'RE KICKING THE HABIT

On **August 19, 2015**, Wayne State joined hundreds of colleges and universities across the country that have adopted smoke- and tobacco-free policies for indoor and outdoor spaces.

## Take the Stop Smoking Quiz

Source: American Cancer Society

*What kind of smoker are you?* Answer the questions in the quiz about your smoking habits. Then click the "Score Quiz" button for a profile of your nicotine dependence and some ideas about how to tame your cravings as you become a non-smoker. The key to success in kicking the habit is to create a personal quit plan. You'll know more about how strongly addicted you are, and can use this information to help you design a detailed plan based on your smoking patterns. Many states have free counseling stop-smoking lines to help.



Photo Credit: <https://www.crohnsandcolitis.com.au/site/wp-content/uploads/crush-cigarettes.jpg>

These suggestions are for adults who are not pregnant. Teens and pregnant women should talk with their doctors about how much they smoke, and what methods are most likely to work for and be safer for them.

**CLICK HERE** for the quiz.

## Snack Smart

Source: American Heart and Stroke Association

Let's face it, we've all experienced a snack attack! Choosing healthier snacks can be a challenge, especially away from home. But with a little planning, you can stay healthy and energized between meals.

**Do the prep work in advance.** Make snacking on veggies a snap by cutting them up and keeping them handy in the fridge. Try bell peppers, zucchini, celery or carrots.

**Try dried fruit.** Carry dried fruit, such as raisins, dates or dried apricots, with you. They'll curb your sweet tooth and give you a quick burst of energy when you need it. Look for unsweetened fruit with no added sugars.

**Stock your office with fruit.** Stash a bag of apples, oranges or other easy-to-grab fruit in your office fridge at the beginning of the week. You can grab something healthy and quick when late-afternoon munchies strike.

**Pick ready-to-eat produce.** Look for fruits and veggies that are ready to eat without any prep work. Try cherry tomatoes, grapes, baby carrots, berries and sugar snap peas. They just need a quick rinse before eating.

**Make your own healthy snack mix** with unsweetened dried fruit, nuts, seeds, dried peas and whole-grain cereal (not sugared or frosted).

**Make frozen fruit treats.** Freeze 100 percent fruit juice in an ice tray or popsicle mold.



**Go nuts.** For a savory snack that hits the spot, grab a handful of unsalted or very lightly salted raw or roasted nuts. Almonds, hazelnuts, peanuts, pecans, pistachios and walnuts are all good choices.

**Make it easy to grab and go.** After you buy groceries, prepare a week's worth of veggie sticks or cut up a melon in bite-size chunks. Put them in clear containers so they're easy to spot in the fridge when you or your kids are looking for a snack.

**Drink your snack.** Make your own nutrition-packed smoothies by blending together frozen fruits and vegetables, non-fat (skim) or low-fat milk or yogurt, and 100 percent fruit juice.

**Think fiber.** Fiber-rich foods like fruits, vegetables and many whole grains help you feel full and sustain energy between meals.

**Skip the chips.** Choose crunchy raw fruits and vegetables over chips and other fried snacks. Sliced cucumbers, carrots, peppers, apples and pears are great for dipping into hummus, peanut butter or plain yogurt.



Photo credit: <http://ts24.com/index.php/6-tips-healthy-snacking-travelling/>

Everything you love about pumpkin pie, made into a light and fluffy dip. This stuff is dangerous!! I think this would be a fantastic addition to your Thanksgiving table.

Try serving this with apple wedges, but you could also serve them with graham crackers or gingersnaps. This would also make a great snack for kids. Enjoy!!

Click the picture for the recipe or [HERE](#)



Wayne State  
University's Employee  
Wellness Program

Engagement,  
Encouragement,  
Education

Total Compensation  
and Wellness

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Stay Connected with  
us where ever you go!

While at home or out of town maintain your efforts in becoming your best self by seeking wellness information and tips through our social media sites

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[Blog](#)



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