

**Did you know** two-thirds of produce samples in recent government tests had pesticide residues? Don't want to eat bug- and weed-killers?



Don't want to eat bug- and weed-killers? [EWG's Shopper's Guide to Pesticides in Produce](#) helps you shop smart. They highlight the cleanest and dirtiest conventionally-raised fruits and vegetables. If a conventionally grown food you want tests high for pesticides, go for the organic version instead. And remember - the health benefits of a diet rich in fruits and vegetables outweigh risks of pesticide exposure.

[Dirty Dozen™ Plus](#) highlights hot peppers and leafy greens

- kale and collard greens - often tainted with unusually hazardous pesticides.

[Read the report](#)

[See the full list](#)

Provided by  Ulliance

**Did you know** that a diet containing antioxidants is a prime player in cancer prevention? Half of your diet should be raw, organic fruits and vegetables and whole grains. Even adding just one serving a day can lower your risk factors.

A number of years ago scientists from John Hopkins discovered that 3-day-old broccoli sprouts, which look and taste similar to alfalfa sprouts, contain nearly 50 times the amount of *sulforaphane* found in mature broccoli. [Read the article](#)

*Sulforaphane* is a powerful antioxidant that plays a critical role in fighting free radical damage in the body. And combating free radicals, and the damage they instigate, is one of the keys to long-term health. It has been suggested that eating a few table-spoons of sprouts a day can provide your body with the same amount of chemo protection as eating one to two pounds of broccoli a week.

You can get your cancer preventing vegetables at [Eastern Market](#).

Provided by Debra Cavender, RDN

**Did you know** that a recent study found a 50 percent increased risk of death from any cause found among participants with greater TV screen time? A number of health concerns, such as obesity and metabolic syndrome have been linked to sitting for long periods of time by researchers. [Read the article](#)

To reduce your risk if you have a sedentary job/lifestyle **GET UP** and walk during your lunch break. The Midtown area has great restaurants, shopping, and fun attractions to check out that are walking distance away. [Check out map](#)

By biking to work or around campus you can increase your daily physical activity. On **Friday, May 16th** participate in [Detroit's Bike to Work Day](#). There will be a gathering at Grand Circus Park (south of campus on Woodward) from **7AM-9AM**. Also, there will be a WSU tent and table, free coffee and breakfast for those who RSVP.

## What's Going On!

- > May—August Fitness classes with MHRFC instructors are posted! Sign up today through TSW on Pipeline.
- > May Lifestyle Nutrition and Individual Plan with Debra Cavender. Register for your one on one session through TSW on Pipeline!
- > Time Management on May 13th. Register on TSW through pipeline.
- > In session:
  - C25K Online Based Challenge

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**Did you know** only 1 in 3 Americans are very happy according to the **Harris Poll (2013)**? But what does it mean to be happy? It is the most elusive of questions, and permeates much of our daily lives. While we toil away in our work and personal lives, we secretly pray for happiness. "I just want to be happy," so many people say. But do we even know what happiness is?

In the past few years, a science of happiness has cropped up in the field of psychology. There are many studies on every aspect of happiness, the most coveted of all human achievements. After much scientific discussion and review, researchers have come to define happiness as the ability to sustain an overall sense of well-being over time. However, the capacity to generate and maintain well-being while coping with daily challenges requires quite a bit of emotional flexibility.

Traditionally, scientists suggested that a person's happiness might have a particular "set-point," a level above which he or she does not usually reach. Yet recent studies are finding new and interesting trends. People are more able to play a direct role in the attainment of their own joy than earlier studies indicated. Happiness levels increased when people took a few surprisingly simple steps:

- Count your blessings
- Reframe situations in a positive light
- Perform acts of kindness

Those participants who expressed gratitude and kept an optimistic outlook were less depressed and happier than the control group. Happy people, choose to be happy by taking steps to ensure it. It might not be as difficult as it sounds. Perhaps attaining happiness is more about uncovering the joy that is already within us -- though clouded over with doubt -- rather than seeking to find it "out there." Much like we think the sky is ominous and overcast until we board an airplane, ascend through the clouds, and see that, yes, the sun is actually shining all the time. Through this new reorientation, discovering well-being as innate, we start to glimpse the inner wellspring from which happiness flows.

"Authentic" happiness is never lost. Since it is burned into the very essence of our being, happiness remains a touchstone within us that can be accessed at any time, believe it or not, no matter what is going on around us. We need only conjure up joyful images or remember an event or moment, and we are there, alive in the energy of our own pure contentment. Happiness, we come to see, is not out there in what we can acquire or externally achieve; it is a place we discover within, a place that we can return to at will, reconnecting with the richness of our own human life.

Charlie Brown and the characters from *Peanuts* know what happiness is. They sing about it in the song "Happiness" from the show, *You're a Good Man Charlie Brown*:

*Happiness is finding a pencil, pizza with sausage, telling the time. Happiness is learning to whistle, tying your shoe for the very first time. Happiness is playing the drum in your own school band, and happiness is walking hand in hand ... Happiness is morning and evening, daytime and nighttime, too. For happiness is anyone, and anything at all, that's loved by you. In the end, loving and being loved. That's what happiness is. It's as simple as that.* [Huffingtonpost.com](http://Huffingtonpost.com)



Pharrell Williams - Happy (Official Music Video) - YouTube  
[www.youtube.com/watch?v=y6S0-sUYM](http://www.youtube.com/watch?v=y6S0-sUYM)  
 Artist: Pharrell Williams  
 Album: G I R L  
 Released: 2014

Information Provided by Ulliance

## Wayne State University's Employee Wellness Program

Engagement, Encouragement, Education

Total Compensation and Wellness  
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### Upcoming Lunch and Learn with *Debra Cavender*

#### "Wellness For Life – Eat Your Medicine 3 Part Series"

This 3-Part series discusses; foods and nutritional substances that have medicinal effects on the body, foods that have been shown to be destructive, ways to create dialogue with your healthcare provider, and other natural science-based means to live longer and avoid chronic illnesses.

On June 5th, 12th, & 26th

[See flyer for details](#)

### New Wellness Warriors Program!

#### Diabetes Prevention Program

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change.

The **Diabetes Prevention Program** sponsored through the **Wellness Warriors Program** and presented by the **University Pharmacy** can help!

Starts May 20th

[Click here for more information](#)

**Did you know** that the participation in leisure and recreation activities can help you reduce depression, better manage stress, and improve your physical wellness? According to Dr. Laura of the University of Illinois, those who participate in park activities have lower systolic blood pressures, lower body mass index, and fewer doctor visits compared to those who do not. [See full article](#)

Eime et al. (2013) recommends participating in sport as a form of leisure-time physical activity for adults because of the range health benefits, such as better psychological and social health. They concluded that it is important for each individual to choose a form of sport that is enjoyable for them and if they prefer to participate in independent activities. By making this choice the individual can develop true-self-awareness and personal growth which is important for social health. [See full article.](#)

Check out the Matthaei Center for recreational activities to participate in. There are many opportunities that can accommodate different interests!

- See the schedule for [Open Recreation](#)
- Take a dive into the [Matthaei Lap Swim](#)
- Grab a friend and hit the [Tennis, Squash & Racquetball Courts](#)
- Prepare for your next race or take a nice powerwalk on the [Lowell Blanchard Track](#)

