



Welcome Sophia L. Dollar
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Higher Degree of Wellness

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APRIL 2010

This Month In Wellness

Educate
the Mind

Energize
the Body

Encourage
Others

We're getting into the full swing of things! By now you should have heard from your Wellness Coach from Mort Harris Recreation and Fitness Center. Your Wellness Coach from MHRFC is important to keep in contact with to maintain compliancy, submit goal sheets, receive services based on your risk level, and have a Fitness Assessment conducted.

You will also be hearing from a Wellness Guide from TEAM, a wellness company we're working with this year. Communicating with TEAM Wellness Guides is completely optional. TEAM is also our provider for the Employee Assistance Program. For more information visit: <http://wellness.wayne.edu>

Reminder

We've begun submitting Tally sheets online via Blackboard. For a tutorial on how to use the Blackboard environment, visit the Wellness Warriors home page at wellness.wayne.edu. Click the button that looks like this:



APRIL TO DO LIST:

- Submit Goal Sheet to Coach
- Complete my fitness assessment
- Submit my March Tally sheet
- Attend an educational seminar

MARCH TALLY SHEETS
DUE BY 4/9/2010

APRIL TALLY SHEETS
DUE BY 5/7/2010

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Tip of the Month: Start Walking

Why? Because heart disease is our country's number 1 killer and we want WSU to be a healthy community! It's as easy as exercising, *including walking*, for as little as 30 minutes each day to reduce your risk.

Come celebrate "National Start Walking Day" at the Mort Harris Recreation and Fitness Center on April 7th

from 11-3pm. You're welcome to join other Wellness Warriors for activities at the MHRFC and follow various-length walking paths we've created around campus. This is also a great time to visit the facility and learn what it has to offer. You can create your own walking club with other Wellness Warriors that attend "National Start Walking Day"!

To get going, visit <http://startwalkingnow.org>

This website is extremely user friendly and motivational. The green "Tracker" tab provides a tool to keep track of your physical activity and nutrition. Also use the "Walking Paths" tab to find a walking path in your area!



Recipe of the Month

Tortilla Soup with Grilled Chicken (AHA, 2009; heart.org/recipes)



This zesty soup packs hearty chunks of vegetables and chicken!

April Health Observances

Nat'l Cancer Control Month

April 7: World Health Day

April 16: Stress Awareness Day

April 5-11: Nat'l Public Health Week

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

"Who lacks health lacks everything" - French Saying



Ingredients:

Cooking spray
2 6-inch corn tortillas, cut in half, then into 1/4-inch strips
2 cups fat-free, low-sodium chicken broth
2 cups water
1 8-ounce can no-salt-added tomato sauce
6 ounces cubed grilled skinless chicken breasts, cooked without salt, all visible fat discarded
1 small yellow summer squash (about 4 ounces), diced
1 small zucchini (about 4 ounces), diced
1/2 cup frozen whole-kernel

corn
1 teaspoon salt-free all-purpose seasoning blend
1 teaspoon chili powder
1 teaspoon onion powder
1 teaspoon olive oil
1/2 teaspoon ground cumin
1/4 teaspoon dried oregano, crumbled
1/4 teaspoon salt
1/4 cup shredded low-fat Cheddar cheese

Serves 4; 1 1/4 cups per person

Directions: At 350° place tortilla strips in single layer on baking sheet. Lightly spray sheet and tortillas with cooking spray. Bake

for 10 minutes or until crisp. Meanwhile, bring remaining ingredients except cheddar to a simmer over medium heat. Reduce heat and simmer, covered, for about 15 minutes. Serve sprinkled with tortilla strips and cheddar.

Nutritional Info:

Cal: 163
Total Fat: 3g; Sat. Fat: 1g
Chol: 34mg
Sodium: 288mg
Carbohydrates: 16g
Fiber: 3g
Protein: 19g

April Events*

April 1: 5 K Preparation - Purdy Kresge

April 6: Get Up to Par Golf Training - MHRFC

April 7: National Start Walking Day - MHRFC

April 7: Healthy Living Strategies - 3700 A/AB & Scott Hall

April 15: Viewing of "Food Inc." Part I - Undergraduate Library

April 16: Less Your Stress - Scott Hall

April 20: Diabetes Fundamentals - 3700 A/AB & Scott Hall

April 22: Viewing of "Food Inc." Part II - Undergraduate Library

April 28: Benefits of Yoga - MHRFC

Month-long: Fitness Assessments - MHRFC; Days and times vary

***Note:** For times and location details, please visit wellness.wayne.edu or register on pipeline. You must be a Wellness Warrior to attend Wellness Warrior events. You must register prior to an event on Pipeline by following 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.

Please contact wellness@wayne.edu with any problems registering for events.

