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## A Higher Degree of Wellness

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This newsletter is brought to you by:  
Total Compensation and Wellness  
5700 Cass Avenue  
Academic and Administration Building,  
Suite 3638  
wellness.wayne.edu

Educate the Mind

Energize the Body

Encourage Others

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## This Month in Wellness: Welcome to Quarter 3!

Can you believe it? We're already entering the third quarter of the 2010 Wellness Warriors program!

If you're following along, this means an increase in your activity level goes into effect. We've designed the Wellness Warrior program to follow a progression of increased physical activity. Hopefully you've become more active since

joining Wellness Warriors in February. In quarter 3 we're requiring at least 6 hours of physical activity and one Wellness Warrior event tracked on your monthly Wellness Bucks Tally Sheet to maintain "compliant" status. The more you move, the more points you earn for Wellness Buck Prizes!

Also, one of the program requirements to receive Wellness Buck

Prizes is to submit a goal sheet to your Wellness Coach. Goal sheets are a very simple and useful tool to hold yourself accountable and remind yourself of what you'd like to achieve!

For and program rules, visit the Wellness Warrior website and click on "How it Works" and "Wellness Bucks Program". We also upload all of the events' power-

point presentations on the "Tips and Articles" page.

We'd like to thank you for participating in this great opportunity to become more physically active and healthier at Wayne State University. Feel free to stop by or contact us at:

5700 Cass Avenue  
A/AB, Suite 3638  
wellness.wayne.edu  
313-577-6816

### JULY TO DO LIST:

- Start Quarter 3 activity
- Join the Greatest Loser Program
- Submit June Tally sheet by July 9
- Attend a Wellness Warrior seminar
- Submit July Tally sheet by August 6

**JULY TALLY SHEETS  
DUE BY:  
August 6, 2010**

### \*\*Go Green\*\*

We've begun submitting Tally Sheets online via **Blackboard** to cut down on paper. You can instantly view your points! If you need help, use the tutorial found at [wellness.wayne.edu](http://wellness.wayne.edu)!

## Tip of the Month: Laugh!

Laughter's health benefits are no joke. A sense of humor helps us deal with the difficulties of life and ward off depression. But, laughter is not only helpful for our minds.

According to the Mayo Clinic, laughter's benefits are mounting; it can't cure all ailments, but the positive effects are helpful to your body during stressful times. When you start to laugh, it actually induces physical changes in your body.

An increase of oxygen-rich air, endorphins, and circulation can give you a relaxed feeling, reducing some of the symptoms of stress.

The short and long term effects of laughing include:

- Stimulates your organs
- Activates and relieves your stress response
- Soothes tension and stomach-aches; eases digestion
- Improves your immune system
- Relieves pain
- Increases personal satisfaction

To read the full article, visit [mayoclinic.com](http://mayoclinic.com) and type in "No Joke"

Source: [Mayoclinic.com](http://Mayoclinic.com)



### QUICK TIP

Brought to you by:



Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your hearty chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.



These muffins are a great low-fat way to start your Saturday morning. Pair with some fresh fruit and enjoy on your back

July Health Observances

UV Safety Month

For more info visit: [www.healthfinder.gov/nho/nho.asp](http://www.healthfinder.gov/nho/nho.asp)

Congrats to our Dartfish Golf Analysis Raffle Winners!!! Lei Juan Stewart-Walker & Brandon Parker. Each won a free session at DMC'S Sports Performance Academy worth \$150!!!



# Recipe of the Month

## Oatmeal Fruit Muffins

Serves 12

### Ingredients:

- Vegetable oil spray
- 1 cup all-purpose flour
- 3/4 cup uncooked quick-cooking or regular rolled oats
- 1/3 cup toasted wheat germ
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 3/4 cup fat-free milk
- 1/2 cup firmly packed light brown sugar
- Egg substitute equivalent to 1 egg, or 1 egg
- 1/4 cup unsweetened applesauce
- 1/2 teaspoon vanilla extract
- 1/2 cup snipped dried figs or apricots

### Directions:

Preheat the oven to 400°F. Line a 12-cup muffin pan with paper bake cups or lightly spray with vegetable oil spray.

In a medium bowl, combine the flour, oats, wheat germ, baking powder, cinnamon, baking soda, and salt. Make a well in the center.

In another medium bowl, stir together the remaining ingredients except the figs.

Stir the liquid mixture into the dry mixture until just moistened (batter should be lumpy). Fold in the figs.

Spoon the batter into the muffin cups, using about 1/4 cup batter for each cup.

Bake for 10 to 12 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack for 5 minutes. Remove the muffins from the bake cups. Serve warm or at room temperature.

### Nutritional Information:

- Calories: 133
- Total Fat: 1 g
- Saturated Fat: 0
- Trans Fat: 0
- Polyunsaturated Fat: .5g
- Monounsaturated Fat: 0
- Cholesterol: 0
- Sodium: 165 mg
- Carbohydrates: 28g
- Fiber: 2g
- Sugar: 14g
- Protein: 4g

We'd love to use your recipes next month! Send your healthy recipes to [wellness.wayne.edu](http://wellness.wayne.edu)



# July Events\*

- July 5 WSU CLOSED
- July 6 Women's Pelvic Floor Health
- July 6 Men's Pelvic Floor Health
- July 7 Body Bar Training
- July 8 Women's Pelvic Floor Health
- July 8 Men's Pelvic Floor Health
- July 9 Greatest Loser Starts!
- July 13 Understanding Cholesterol
- July 14 Cardio Blaster
- July 16 Less Your Stress
- July 23 Intro to Pilates
- July 28 Fitness 101: Back to the Basics
- July 29 Glucose Monitoring

Wellness Coaches are at every seminar and event!



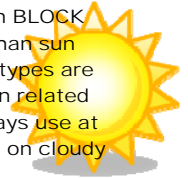
\*\*Starts July 9!!!\*\*

Morning, noon or night sessions!



New Weight Watchers at Work sessions start in July. For dates and times, contact [maryhunter46@com](mailto:maryhunter46@com) (AAB meetings) or [amorwhiterose@aol.com](mailto:amorwhiterose@aol.com) (Scott and State Hall meetings)

Did you know sun BLOCK protects more than sun screen?? All skin types are susceptible to sun related skin damage! Always use at least SPF 30 - even on cloudy days!



\*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" 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](mailto:wellness@wayne.edu)

### Farmers Market is Open!!!

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.

