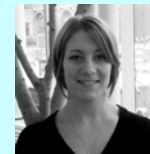


WELLNESS WARRIORS



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A Higher Degree of Wellness

VOLUME 3, ISSUE 11

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Enrollment Edition



The 2012 enrollment process has **TWO STEPS** that **MUST** be completed in order to participate in the 2012 Wellness Warriors program:

STEP 1: Register for an on-site FASTING Biometric Health Screening via Pipeline's Training, Seminars and Workshops. Register early to avoid missing the opportunity to participate in the 2012 program! **FIRST COME, FIRST SERVED.**

PLEASE BRING YOUR WSU ONE CARD AND TWO (2) COMPLETED AND SIGNED COPIES OF THE CONSENT FORM TO YOUR APPOINTMENT. Consent form can be found here: <http://www.wellness.wayne.edu/pdfs/enrollment-consent-form.pdf>

STEP 2: Health Risk Assessment: Complete the online Health Risk Assessment (HRA). Please read the "HRA Overview and Login Instructions" before clicking on "Take Your Health Risk Assessment". To complete your HRA, click here: http://www.team-eap.com/ht/wsu/wsu_services.htm

We will not hold another 2012 program enrollment period. Join now or miss your chance!

Wellness Bucks Tally Sheet
October Due 11/11/2011
November Due 12/9/11

We have been recognized as a **2011 Gold Level Recipient** of the American Heart Association's Start! Fit-Friendly Companies Recognition program! We were also awarded the Worksite Innovation Award for our innovative programming!



This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

Changes We've Made:

Website Enhancements. Check it out and click around! www.wellness.wayne.edu

Incentive Eligibility Requirements are easier: Tracking event attendance on the Wellness Bucks Tally Sheet is not required! As long as you sign in at events, you'll be all set! Don't forget that TEAM Coaching is also part of earning incentives. You can still earn Wellness Bucks and we encourage you to do so!

New "To Do List" Tool in Blackboard. Log into Blackboard, click into the Wellness Warriors Organization and find the "To Do List" right below the "Wellness Bucks Tally Sheet" link. Use this "To Do List" to check your total Wellness Bucks earned and keep track of what you've done so far! Log in Blackboard now and take a look!

Questions? Please contact us!
Email: wellness@wayne.edu

Online Tools We Use:



Blackboard



Wellness Bucks Tally Sheet



Signing Up for Events



Email from wellness@wayne.edu

Employee Engagement

The Total You

Encourage Others

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Warm fall foods can be so satisfying—with health benefits packed inside! Pair boneless chicken with squash for a hearty and healthy meal.

Did You Know??? In Southeast Michigan alone, cardiovascular diseases account for 38% of all deaths, making it the state's No.1 cause of death. -American Heart Assoc.

Congrats to our Mid-Year Survey Raffle Winner: **Liangjun Zhao**

November Health Observances

American Diabetes Month
COPD Awareness Month
11/17 Great American Smokeout

For more visit: <http://www.healthfinder.gov/>



Monthly Recipe

Chicken Breasts and Microwave-Steamed Squash

Prep time: 10 min; Cook time: 30 min

Ingredients:

- 4 boneless, skinless chicken breasts halves
- 1/3 cup fat-free Italian dressing
- 3 medium squash (any combination of zucchini or yellow squash)
- 1 small tomato
- 1 tsp. Italian seasoning
- 3 Tbsp water

Directions: (Chicken) Heat oven to 350°. Lightly spray 9x13inch dish with cooking spray. Trim visible fat from chicken. Place in dish; spoon 1/2 of the dressing evenly over the chicken. Flip chicken with fork and spread remaining dress-

ing. Bake uncovered for 25-30 minutes until no longer pink. Allow chicken to stand for 10 minutes before you slice to soak up juices. (Squash) Wash squash and tomato; remove ends of squash. Slice squash crosswise in 1/4 inch thick slices. Dice tomato. Add water to a microwave-safe covered dish. Add squash and tomato and sprinkle with Italian seasoning. Microwave, covered, on high 5-7 minutes until desired softness.

Nutrition Facts:

- Calories: 172
- Fat: 3.5g
- Fiber: 2g
- Cholesterol: 73mg
- Sodium: 403 mg
- Protein: 26g



Want to publish your recipe? Send your recipes to wellness@wayne.edu

NutriSum 30 day lifestyle challenge runs Nov. 1-30! Can you change your habits in 30 days? We bet you can. Let NutriSum help!



For more info: wellness.wayne.edu/nutrisum.php



November Events

Nov. 1, 2, 3, 8, 9, 10, 16, 17 2012 Enrollment

November 1 NutriSum Starts

November 3 Kickboxing

November 8 Bands and Balls

November 12 Pre-Game Football Workout

November 15 Running Fit

November 16 Holiday Stress

November 17 Core Galore

November 21 Turkey Trot

November 29 Cardio at Home for the Holidays

November 30 NutriSum Ends

Keep an eye out on Pipeline! We add more events

as they're planned! **Note:** For times, location and event details,

please 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.



Greatest Loser 30-day weight loss challenge
Winning Team: Black Team!

Individual Winners:

1st Place: Angela Childrey

2nd Place: Elizabeth Pillon

3rd Place: Doris Davis



Have you completed your telephonic coaching sessions with TEAM yet? You must complete a total of three (3) sessions by 12/31/11 to be incentive eligible. Call 888-699-3554

Sign In at Events

Formerly, all Wellness Warrior event attendance for earning incentives was self-reported on the monthly Wellness Bucks Tally Sheets. Going forward, we will measure event attendance from the sign in sheets and

signing in at all Wellness Warrior events is important.

For any questions regarding content or events, please contact wellness@wayne.edu