

# Wellness Newsletter



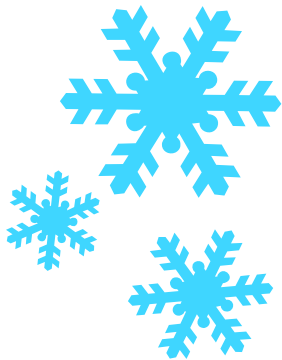
December 2008

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## December Celebrates

National Drunk Driving Awareness Month  
December 1-World Aids Day  
December 5-International Volunteer Day



Join the fun! Interested in helping with the 20<sup>th</sup> annual health fair? Contact Judy Tillapaugh at [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu)

## Fun and Healthy Holiday Traditions

The holidays can be a fun time to gather with friends and family. Traveling and gatherings are often part of the holiday mix. Though food is often a highlight during this time of year, holiday weight gain doesn't have to be a fear.

Try some of these helpful tips to stay active and healthy this holiday season:

- Plan ahead. Know you have a party to go to this afternoon? Go for a walk before work instead of skipping your time at the gym.
- Don't over-commit yourself. The holidays are meant to be a time for fun and relaxation. If your schedule is getting to jam packed, look carefully at your activities and see what you can eliminate or how you can ask for help.
- Don't over-spend. The holidays are not a time to go over-board on spending. Be cautious of purchases.
- Set a post-holiday fitness goal. Choose an upcoming 5K run or walk. Having a goal can help to keep you motivated and moving each day.
- Even if you don't have time to make it to the gym, fit fitness into your day. Park further away at the store, go for a walk with a family member, and speed up your normal walking pace throughout the day.
- Before eating, evaluate your hunger. Are you eating because you are truly hungry or are your emotions or the situation dictating what you will eat?
- Avoid stress. The holidays can be a stressful time. For some, the holidays bring up unpleasant past events or cause family stress can be tiresome. Take time for yourself and know your limits.
- Fort Wayne offers plenty of fun holiday activities:
  - Ice Skating in downtown Fort Wayne
  - Fox Island cross country skiing and star gazing
  - Pokagon State Park toboggan sledding



## Do you have a healthy holiday tradition?

- "Thanksgiving morning, we all head down to St. Francis to participate in the Galloping Gobbler 4 mile run. It started out as a way to get a quick workout in on a busy holiday, but it has turned into a great family tradition trying to compete with each other for place and other families for the largest number of family members participating!"—Jennifer Roherty, Wellness
- Colleen Carpenter, Behavioral Health and Family Studies Institute at IPFW, remains cognizant of the receivers' health when giving treats as gifts and gives small portions (mini loaves of sweet bread, a few cookies instead of a whole plate of them).
- "We play ping pong and basketball tournaments throughout the day which can get pretty intense!"—Hanna Hager, Wellness Graduate Assistant
- IPFW Fitness/Wellness Coordinator, Judy Tillapaugh, looks forward to going for a walk in the Stone Mountain State Park with her brother and sister-in-law and their two Labrador retrievers.

**What are your healthy holiday traditions? If you don't have one, it can be as simple as going for a walk and getting a little extra time to spend with family and friends!**



## Upcoming Events



After you've been outside on a chilly day, come in for a cup of homemade "healthified" hot cocoa.

### Stovetop Hot Chocolate

#### Ingredients

Prep Time: 10 min  
Start to Finish: 10 min  
makes: 4 servings (about 3/4 cup each)

2 tablespoons sugar or substitute  
2 tablespoons unsweetened baking cocoa  
3 cups fat-free (skim) milk  
1/4 cup semisweet chocolate chips (1 1/2 oz)  
1/2 teaspoon vanilla

#### Directions

- 1 In 2-quart saucepan, mix sugar and cocoa. Stir in milk and half-and-half until blended. Cook and stir over medium heat until thoroughly heated (do not boil). Remove from heat.
- 2 Add chocolate chips; stir constantly with wire whisk until chips are melted and mixture is smooth. Stir in vanilla. To serve, pour hot chocolate into 4 cups.

Source:  
[www.eatbetteramerica.org](http://www.eatbetteramerica.org)

#### December Events:

**Cholesterol Screenings**  
December 10  
7-10 am, Walb Union 222

Register at  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

Free to employees, retirees, spouses and 50 remaining free student tests.

**Zumba! With Lesley Douglas**  
December 11  
6:00-7:00 pm, Hilliard Gates Sports Center

Join us for a free holiday Zumba fitness class!



[www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)

Purdue Benefit Eligible Employees and Spouses:  
**Healthy Purdue 2009**  
officially begins  
**January 5, 2009.**

Earn \$200 for you and your spouse in 2009 by participating in a free cholesterol screening, completing an online health questionnaire and completing 4 wellness criteria apps. Visit [www.ipfw.edu/health/employee](http://www.ipfw.edu/health/employee) for more details or call Jen at 481-6746

Enjoy the gift of fitness!

#### Sport Center Hours:

M-Th: 5:30am-10:00pm  
Friday: 5:30am- 8:00pm  
Saturday: 8am - 5pm  
Sunday: Noon - 8pm

Registered Students are free with ID

Employee memberships available (\$25 annual fee)

Monday, December 8  
4:45-6:45 PM

FREE! Fitness Assessments  
Gates Sports Center  
Blood pressure, Height, weight, body composition and blood sugar available

*Stay informed!* Visit us at [www.ipfw.edu/health](http://www.ipfw.edu/health)

**ZUMBA! Ditch the workout...Join the party!**  
**Thursday, December 11**  
**Hilliard Gates Sports Center 6:00-7:00 PM**  
**Free fitness class**



As a holiday treat, IPFW fitness will offer a free fitness class. Join in for the fun! What is Zumba?! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked.

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

**Hilliard Gates Sports Center Winter Special: Give yourself the gift of fitness!**  
**December 1-February 28**

1 month, individual- \$25  
1 month, family- \$50

2 month, individual- \$45  
2 month, family- \$90

**Call or visit Hilliard Gates Customer Service Desk:**  
**260-481-6655**

**Fitness Gift Ideas:**  
Bosu ball  
Gym membership  
Personal training passes  
Jump Rope  
New fitness shoes  
Headphones or music device  
iTunes gift card