

Wellness Newsletter

July 2008

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July

Fireworks Safety Month
 Eye Injury Prevention Month

Fruit and Veggie Challenge begins July 21!
 Register at www.ipfw.edu/health/employee



HEALTHY PURDUE UPDATE:

Healthy Purdue is a program for all Purdue benefit-eligible faculty and staff.

Earn your apples!

A "Summer of Wellness" is in full swing!

Programs to fulfill apples are underway. If you are a spouse or are located off-campus and have questions how to earn apples, call us at

481-6647 or 481-6746

Check your apples or visit the Staywell site at

www.purdue.edu/healthypurdue

Put an end to Summer Stress

The lazy days of summer are here...or are they? For many of us, summer isn't what we remember it as. Often we lost track of our evenings sitting on the porch with neighbors or have trouble fitting in a leisure walk after dinner to enjoy the evening's relinquishment of summer heat. Rather, we are working late, shuttling children to baseball games or are simply too tired after a long day at work and fall onto the couch in exhaustion! Summer stressors may be unique to this time of year but we have to continue to take care of our mental health throughout the year. We owe it to ourselves!

Below is a list of common summer sources of stress. Do your best to avoid these and enjoy the summer months!

- **Pace Yourself:** You have created a grand list of things you would like to see, visit and accomplish this summer. Take your time and don't get overwhelmed or bogged down trying to keep up with the list of things you need or want to do.
- **Simplify Your Vacations:** Remember, vacation is a time to get away and renew yourself. For some this is to rest and relax while for others it is a busy time for adventure. Simplify things to the way you like them.
- **Take Mini-Vacations:** If a big vacation stresses you out, plan mini vacations and spread them out throughout the summer.
- **Don't take on too much work:** Summer is a common time for employees to take vacations. This may leave you in the office making up for someone else's absence. Don't take on any more than you can handle. Enlist the help of others in the department. And don't forget that you deserve a break, too.

Unique to summer also are several stress relievers:

- Go for a morning walk
- Enjoy a evening walk
- Gardening
- Draw
- Blow bubbles





Cucumber and Black Eyed Pea Salad

Makes 6 servings,
about 1 cup each.

Ingredients

- 3 Tbsp Extra Virgin Olive Oil
- 2 Tbsp lemon juice
- 2 tsp chopped fresh oregano or 1 tsp dried
- Fresh ground pepper to taste
- 4 cups peeled, diced cucumber
- 1 14 oz. can black eyed peas, rinsed
- 2/3 cup diced red bell pepper
- 1/2 cup crumbled feta cheese
- 1/4 cup slivered red onion
- 2 Tbsp chopped black olives

Instructions

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black eyed peas, bell pepper, feta, onion and olives. Toss to coat. Serve at room temperature or chilled.

Nutrition Information

Per serving:
160 calories; 10 grams fat (3 g sat, 6 g mono), 11 mg cholesterol, 12 g carbohydrate, 5 g protein, 3 g fiber, 270 mg sodium, 273 mg potassium

Exchanges: 1 vegetable serving



www.eatingwell.com

Upcoming Events

July Health Awareness

Workshops

▪ July 21, 1-2 pm KT 117
Fresh Foods to Fight Cholesterol

▪ July 30, 12-1 pm SB 176
5:15-6:15 pm SB 176

Exercise: Everything You Need to Know!

Health Awareness Workshops open to all!

Healthy Purdue Eligible Employees: Earn a red Healthy Purdue Apple

Mastodon Walking Club:

2 Meeting Times:

Mondays and Fridays

10-10:30 AM

June 2-July 14

Meet outside KT Bones Entrance

Tuesdays and Thursdays

5:15-6:15 PM

June 3-July 15

Meet at Hilliard Gates Sports Center Customer Service Desk

Summer Fest: July 16

"Go Fish" 2 Mile Walk

6:45 AM Hilliard Gates Sports Center

Registration begins at 6:15 am

Summer 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

Monday, July 14

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

Fruits and Veggies...Your Summer Challenge Starts Here!

Summer is a ripe time to initiate a healthy fruit and vegetable habit that will last a life time. Below are some action ideas!!

Shape Fruit and Vegetable Habit By:

1. Planting your own garden and/or plan to visit local produce places so nutritious choices are constantly available for you.
2. Freezing or canning fresh produce
As certain produce is plentiful, plan to freeze or can fruit and/or vegetables for future meals and snacks. Garden grown produce in the fall and winter is so wonderful!
- 3- Keeping fruits and vegetables at home. Buy 2-4 fruits and 2-4 vegetables during each food shopping trip. Berries, melon, oranges, bananas, carrots, broccoli, tomatoes, green peppers, salad greens, are just some possible purchases.
4. Buying frozen produce. Use as much or as little as you want, then tie up the bag and save what's left for another time. Consider shopping and sharing with a friend. Buying a bag of berries or vegetables can be hard to eat before spoil begins. To prevent waste and save money split a purchase with a friend.
5. Mixing vegetables into last night's leftover pasta and creating a pasta salad.
6. Making extra salad and saving it for lunch the next day. Add beans, chicken, and/or cheese and make a meal salad or...roll it into a tortilla for a wrap meal.
7. Making a meal out of a spud or sweet potato by topping the potato with steamed broccoli, carrots, asparagus, or other vegetables. Serve with cottage cheese or low fat cheese.
8. Perking up a take out or frozen pizza with pineapple, peach slices, chopped tomatoes, mushrooms, onion, peppers, eggplant, or another favorite vegetable.
9. Dressing up brown rice or couscous with diced tomatoes, green beans, shredded carrots, asparagus, raisins, cranberries, and/or another favorite fruit or vegetable.
10. Grilling vegetables and fill a bun, pita pocket, or tortilla for a meal.
11. Heating fat free refried beans, then spread on a tortilla, and top with vegetables and/or salsa
12. Topping pancakes, waffles, and cereal with dried or fresh fruit

Environmental Nutrition November 2007 article titled Fruits and Veggies: 17 Ways To Make "More Matter"

Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-5748 OR visit www.ipfw.edu/health & www.ipfw.edu/clinic