

# Wellness Newsletter



August 2008

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## *August*

National Immunization  
Awareness Month  
August 10-16 National  
Health Center Week  
August 25 Classes Begin



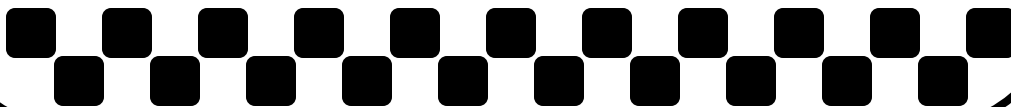
## A Recipe for Summer Weight Management

A recipe from the kitchen of: IPFW Health and Wellness

### Ingredients:

- Fresh fruits and vegetables
- Fun, outdoor activities
- Comfy clothing
- Support Buddies
- A well-defined goal
- A solid plan of action
- Motivation
- Portion control at fairs and festivals
- Lean meals from the grill or garden
- Refreshing calorie-free fluids

Combine the following ingredients and stir with motivation until all are combined. Continue to knead while fun, passion and success rise.



## Fitness Classes @ Gates Sports Center

8 Week classes Monday-Saturday

**August 25-October 18**

Register at [www.ipfw.edu/dcs](http://www.ipfw.edu/dcs) or call Continuing Studies at 481-6619

Join us! See complete list of classes and times at [www.ipfw.edu/health](http://www.ipfw.edu/health)

*We can help you succeed!*

### Weight Watchers at IPFW

**Wednesdays, 12-1 pm, KT 146**

**Fall Session: August 13-October 29**

Visit the **Open House August 6**

Employees and spouses receive ½ enrollment fees if they complete 11 of 12 sessions.

Contact Jen Roherty at 481-6746 or [rohertyj@ipfw.edu](mailto:rohertyj@ipfw.edu) for more information!

“The weekly meetings are the most helpful. The instructor explains the programs and shares tips at each meeting about the challenges that we will face each week. At WW at IPFW, we draw support from each other in our common struggle with weight and living a healthier lifestyle”.—Penny Leverman, Nursing

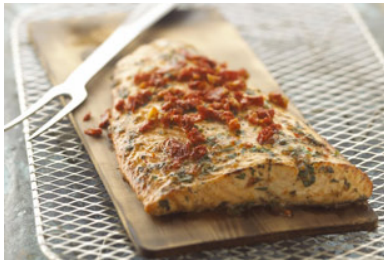
## Celebrate the Summer Olympics, August 8-24

Think the Olympics are just a time to sit on the couch and watch other great athletes?!

You’re wrong! Use the spirit of the 2008 Summer Olympics to inspire you and your family to get active and try new or old sports!

Race down the block (running, walking or riding bikes!), rent a canoe or kayak, create a steeple chase event in your backyard or at the park, try making a synchronized swimming routine at the pool or make up your own summer Olympic backyard event!

## Upcoming Events



### Grilled Cedar Planked Salmon

Makes 8 Servings

#### Ingredients

1 untreated cedar plank (14x7x1 inch)  
1/2 cup KRAFT Sun-Dried Tomato Dressing  
1/4 cup finely chopped fresh parsley  
1/4 cup finely chopped sun-dried tomatoes  
1 salmon fillet (2 lb.), 1 inch thick

#### Instructions

**IMMERSE** plank in water, placing a weight on top of plank to keep it submerged. Soak at least 4 hours or overnight.

**PREHEAT** grill to medium heat. Mix dressing, parsley and tomatoes; set aside. Brush top of cedar plank with 1 Tbsp. of oil; top with fish. Place on grill; cover grill with lid.

**GRILL** 10 min. Brush with dressing mixture; continue grilling 10 min. or until fish flakes easily with fork.

**Note:** Salmon can also be grilled on a sheet of heavy-duty foil instead of the cedar plank.



#### August Health Awareness

##### Workshops

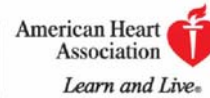
August 14  
Take Care of Stress  
5:15-6:15 pm, WU 114

August 19  
Self-Care  
1:00-2:00 pm, KT 117

Nutrition and You  
5:15-6:15 pm, WU 222/224

Health Awareness Workshops  
open to all!

Healthy Purdue Eligible  
Employees: Earn a red Healthy  
Purdue Apple



## HEART WALK.

Heart and Stroke Walk at IPFW

Saturday, September 13

Hilliard Gates Sports Center.  
Create opportunities for people to improve their health by walking and simultaneously raise funds to help fight heart disease and stroke.

Find link to register at  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

#### Back-To-School 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, August 11  
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)

## \$2,500 Could Be Yours!

The commitment to quit smoking, for your health's sake, is worth it! But what if we sweeten the deal and award someone \$2,500 for committing to quit smoking?! Tobacco Free Allen County is teaming up with Indiana state health officials to sponsor a statewide stop smoking contest known as "Quit 2 Win."

*In order to enter the contest, you must be at least 18 years of age and pledge to stop using tobacco between September 15, 2008 and October 15, 2008.*

All "Quit 2 Win" registrations must be received by September 1<sup>st</sup>. A winner will be drawn at random and tested to make sure they are tobacco-free. Cash prizes of \$1,500 and \$1,000, respectively, will be awarded to the second-place and third-place finishers.

**To register, visit [www.inshape.IN.gov](http://www.inshape.IN.gov) and click on the "Quit 2 Win" icon or pick up a registration card at the Hilliard Gates Sports Center customer service desk.**



#### IPFW Smoking Policy:

Smoking is prohibited in any university facility and on any university grounds except in parking lots and designated smoking areas.

The purpose of this policy is to provide a healthy, comfortable and productive environment for the campus community. Accordingly, all employees, students, and visitors are expected to comply.

Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-5748 OR visit [www.ipfw.edu/health](http://www.ipfw.edu/health) & [www.ipfw.edu/clinic](http://www.ipfw.edu/clinic)