

Wellness Newsletter



September 2008

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September

America on the Move Month

Fruit and Veggie Month
National Cholesterol Education Awareness Month

September 11: Day of remembrance

September 17: Backpack Awareness Day

September 24: America on the Move Day

September 27: Family Health and Fitness Day

Quick Tips from America on the Move

- Add 500 steps per week to gradually add more fitness into your day!
- Park further away!
- Walk to relay a message instead of sending a text, instant message or email!

LDL, HDL...what does it all mean!?!

Understanding what your cholesterol levels are very important to your overall health. Adults should have a baseline cholesterol screening by the time they are age 20. However, figuring out all of your values can be somewhat confusing. Below is a basic explanation of cholesterol screening terminology.

- **Cholesterol.** The body uses cholesterol to help build cells and produce hormones. Too much cholesterol in the blood can build up along the inside of the artery walls, forming what is known as plaque. Large amounts of plaque increase your chances of having a heart attack or stroke.
 - **HDL** (high-density lipoprotein) cholesterol helps remove fat from the body by binding with it in the bloodstream and carrying it back to the liver for disposal. It is sometimes called "good" cholesterol. A high level of HDL cholesterol may lower your chances of developing heart disease or stroke.
 - **LDL** (low-density lipoprotein) cholesterol carries mostly fat and only a small amount of protein from the liver to other parts of the body. It is sometimes called "bad cholesterol." A high LDL cholesterol level may increase your chances of developing heart disease.
 - **VLDL:** (very low-density lipoprotein) cholesterol contains very little protein. The main purpose of VLDL is to distribute the triglyceride produced by your liver. A high VLDL cholesterol level can cause the buildup of cholesterol in your arteries and increases your risk of heart disease and stroke.
 - **Triglycerides** are a type of fat the body uses to store energy. Only small amounts are found in the blood. Having a high triglyceride level along with high LDL cholesterol may increase your chances of having heart disease more than having only a high LDL cholesterol level.
- www.webmd.com

IPFW will host four screening dates this fall for the IPFW community to participate in. Included in the screening are cholesterol testing, blood pressure, height and weight screenings.

Screenings are FREE for IPFW employees, retirees and spouses. Thanks to IPFW Student Government Association, the first 100 students can also receive a free cholesterol screening.

Schedule a cholesterol screening for one of the following dates at www.ipfw.edu/health

Wednesday	September 10	7-10 am	Walb Union G21
Tuesday	September 23	7-10 am	Walb Union G21
Wednesday	October 15	7-10 am	Walb Union 114/116
Tuesday	October 21	7-10 am	Walb Union 222/224



"Healthified" Taco Salad

Makes 6 Servings

Ingredients

- 1 lb extra lean (at least 90%) ground beef
 - 2/3 cup water
 - 1 tablespoon chili powder
 - 1/2 teaspoon ground cumin
 - 1/8 teaspoon ground red pepper (cayenne)
 - 12 cups torn romaine or iceberg lettuce
 - 1 can (15 oz) pinto beans, drained, rinsed
 - 2 medium tomatoes, chopped (1 1/2 cups)
 - 3 medium green onions, sliced (3 tablespoons)
 - 3/4 cup shredded reduced-fat sharp Cheddar cheese (3 oz)
 - 3/4 cup salsa (any variety)
 - 3/4 cup fat-free sour cream
 - 3 oz tortilla chips
1. In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in water, chili powder, cumin and ground red pepper; reduce heat to medium-low. Cook about 5 minutes or until most of liquid has evaporated.
 2. Divide lettuce among 6 salad plates; top each with meat mixture and remaining ingredients except chips. Arrange chips around salad. Serve immediately.

1 serving 380 calories, 12 g fat, 42 g carbohydrate and 27 g protein

Eat Better America

www.eatbetteramerica.com

Upcoming Events

September Health Awareness

Workshops

September 11
Cooking Demonstration
Nutritious College
Cooking...Easy Mac, One Pan
Meals and More!
WU 114/116, 12-1 pm

September 24
Positive Parenting
CM 16, 5:30-6:30 PM

Health Awareness Workshops
open to all!

Healthy Purdue Eligible
Employees: Earn a red Healthy
Purdue Apple



Heart and Stroke Walk at IPFW

Saturday, September 13

Hilliard Gates Sports Center.

Join a team!!!

Find link to register at

www.ipfw.edu/health

CPR Class Offering

Adult, Infant, Child CPR, First
Aid, Oxygen and AED

Tuesday, September 2

5:30-8:00 PM, KT G46

www.ipfw.edu/health for more
information

Renew Your Membership!

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, September 8
4:45-6:45 PM

FREE! Fitness Assessments
Gates Sports Center

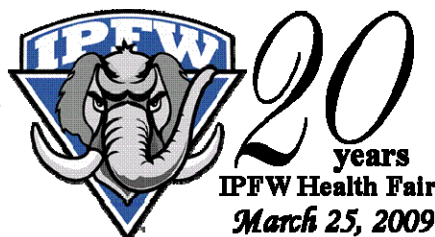
Blood pressure, Height, weight,
body composition and blood
sugar available

Stay informed! Visit us at www.ipfw.edu/health

- America on the Move is a national movement that encourages everyone to take steps toward a healthier lifestyle. Join area organizations as they support America MOVING! Visit <http://aom.americaonthemove.org>
- IPFW: *Join the 6 Week STEPtember challenge! Log the number of steps you take each day from August 31-October 11. Visit www.ipfw.edu/health for a registration form.*
- YMCA of Greater Fort Wayne: All branches of the YMCA of Greater Fort Wayne are open to the public during the week of September 22-27. A different branch is highlighted each day with fun activities to participate in.



JumpStart Your Health: A NEW 6 week program! Mondays 12-1pm
KT 117. Visit www.ipfw.edu/health/employee for more info!



This year will celebrate the 20th year for the IPFW Health Fair! Do you have any Health Fair memories (speakers, events, etc) from any of the past 20 years? Interested in being involved this year? Contact Jen at rohertyj@ipfw.edu or call 481-6746!