

# Wellness Newsletter



January 2009

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## January Celebrates

Alzheimer's Awareness Month  
National Blood Donor Month  
Cervical Health Awareness Month  
Canadian National Non-Smoking  
Week: 12th Jan - 18th Jan



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)

## Start the New Year out in a new way!

Now that the holiday season is officially over, look for ways to integrate fresh and enjoyable habits to becoming a healthier you this New Year! Resolutions generally carry the connotation for big lifestyle changes. This year, forget the resolution and commit to healthy choices. Need some ideas?

- No-diet approach by making better food choices that don't contain processed foods, high sugar items, foods with a high percentage of calories from fat, and alcoholic beverages.
- Make long-term **specific and tangible** goals, not just "weight-loss" or "to get ahead". Great example is to be able to walk for 30 minutes or to participate in a 5K.
- Five key elements to goal setting success:
  - Specific** - describe what you want to accomplish in as much detail as possible.
  - Measurable** - describe your goal in terms that can clearly be evaluated
  - Challenging** - your goal should require energy and discipline to accomplish.
  - Realistic** - create goals you know are actually capable of attaining
  - Milestones and Completion Dates** - break longer term goals into shorter pieces and clearly specify target completion dates.
- Meet with a dietitian or fitness professional. All IPFW employees and students can receive a free session each year!
- Train for the Mastodon Stomp on April 25<sup>th</sup> or the Fort 4 Fitness 4 mile run/walk or ½ marathon!
- Get in touch with family and friends.
- Handle stress better – check out employee and student EAP benefits.
- Sign up with the PR Training group which meets at IPFW on Tuesdays starting at the end of January! [www.ipfw.edu/health](http://www.ipfw.edu/health) for info.

## Healthy Purdue 2009 Important Updates:

We're in gear for another great year for Healthy Purdue!



- You do not need to sign-up for Healthy Purdue. If you are a Purdue, benefit-eligible employee or spouse, you are all set!
- Participate in your free yearly cholesterol screening. Free for all IPFW employees, retirees, their spouses and for the first 100 students. See screening dates at [www.ipfw.edu/health](http://www.ipfw.edu/health).
- Employees: using your cholesterol screening results, complete the Healthpath Questionnaire available after February 2, 2009. Complete the HPQ before November, 20, 2009.
- Don't hesitate to start earning wellness criteria apples! You need to complete 4 apples in '09!
- Four important websites:
  - IPFW Health and Wellness: [www.ipfw.edu/health](http://www.ipfw.edu/health)
  - Healthy Purdue: [www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)
    - StayWell-
      - Complete your yearly **healthpath questionnaire** at the StayWell website. Log into StayWell with a unique username and password or create one using your Purdue username and password.
      - Use the website **for helpful health information** throughout the year. You can also use the site to **earn apples**.
    - **Check My Apples**-monitor apples online. Need Purdue username and password. Spouses will create their own account using the employees Purdue username and password.
  - Payment for participation in Healthy Purdue 2008 will be after January 28, 2009.
  - Start earning apples! Participate in the Step Up to Fitness Challenge beginning January 12!



## Upcoming Events



After you've had a long day at work, come in for a slice of homemade "nutritional" spinach quiche.

### Spinach Quiche

#### Ingredients

Prep Time: 20 min

Cook Time: 1 hour

Ready In: 1 hour 20 min

Yields: 1-9 inches pieces

- 1/2 cup light miracle whip
- 1/2 cup milk
- 1 cup egg whites or 4 eggs
- 8 ounces shredded reduced-fat Cheddar cheese
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1/4 cup chopped onion
- 1 (9 inch) unbaked pie shell

#### Directions

Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with foil.

1. In a large bowl, whisk together mayonnaise and milk until smooth. Whisk in eggs. Layer spinach, cheese, and onion in pie shell, making several layers of each. Pour in egg mixture. Place quiche on prepared cookie sheet. Cover quiche with foil.
2. Bake in preheated oven for 45 minutes. Remove cover, and bake 10 to 15 minutes, or until top is golden brown and filling is set.

Source: [www.allrecipes.com](http://www.allrecipes.com)

#### January Events:

**January 21:** Cholesterol Screening  
7-10 am, Walb Union 114

**January 27:** Cholesterol Screening  
7-10 am, Walb Union G21

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

**January 12**  
Step Up to Fitness Challenge begins

**January 26**  
Jump Start Your Health begins  
12-1 PM, CM 152

**January 27**  
Healthier You Series begins!  
12-1 PM, KT G46

Complete event schedule available at  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

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 apples.

Visit  
[www.ipfw.edu/health](http://www.ipfw.edu/health)  
for more details or call  
Jen at 481-6746 or  
Judy at 481-6647.  
**We can come to you!**

Kick off a fit year!

#### Sport Center Hours:

M-Th: 5:30am-10:00pm

Friday: 5:30am- 8:00pm

Saturday: 8am - 5pm

Sunday: Noon - 8pm

Fitness classes begin the week of January 12  
call 481-6619 to register!

Registered Students free w/ ID  
Employee memberships available (\$25 annual fee)

**Monday, January 12**  
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)

## Make it a Mindful 2009

Mindful eating has the powerful potential to transform people's relationship to food and eating, to improve overall health, body image, relationships and self-esteem. Mindful eating involves many components such as:

- learning to make choices in beginning or ending a meal based on awareness of hunger and satiety cues;
- learning to identify personal triggers for mindless eating, such as emotions, social pressures, or certain foods;
- valuing *quality over quantity* of what you're eating;
- appreciating the sensual, as well as the nourishing, capacity of food;
- feeling deep gratitude that may come from appreciating and experiencing food

Being mindful doesn't just relate to food either. You can take a mindful approach into all aspects of your life. Think about a few of these and see if you can think of any others:

- make fitness a priority and schedule it into your day;
- appreciate a workout whether you are alone or with company
- appreciate how your body feels during and after a workout

Being mindful in the seemingly mindless activities that you do can make a huge difference! Eating while multitasking, whether working through lunch or watching TV while eating dinner, often leads us to eat more. On the other hand, eating "mindfully," savoring every mouthful, enhances the experience of eating and keeps us aware of how much we take in.

Join us as we take a mindful approach to improving our lives through Jump Start Your Health! Meet Mondays from 12-1 PM in CM 152.

*Join*  
**Jump Start Your Health**  
Mondays, 12-1 PM  
CM 152  
January 26-March 2

Sources: [www.tcme.org](http://www.tcme.org), [www.brighamandwomens.org](http://www.brighamandwomens.org)

Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-6746 OR visit [www.ipfw.edu/health](http://www.ipfw.edu/health) & [www.ipfw.edu/clinic](http://www.ipfw.edu/clinic)