

Wellness Newsletter



March 2009

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20th Annual Health Fair
Wednesday, March 25
9:00 am – 3:00 pm
Walb Student Union
"Celebrate Your Health! Learn and Live Well!"

The health fair has grown to become a huge event for our campus. Twenty years ago, the health fair hosted about 20 organizations and heavily focused on recreation activities. Now, there are over 100 organizations and nearly 1,000 visitors to campus.

The health fair invites our campus and community to learn about their health and to celebrate healthy living. It is a free event. A unique aspect of the IPFW health fair is that each organization is asked to provide a free screening, assessment or educational learning activity to help participants *actively* learn more about their health.

We will honor the past in the celebration of the 20th anniversary highlighting recreational activities and recognize how our lifestyles and eating patterns have changed since then.

We hope you will join us in celebrating 20 years of health for IPFW and our community. **With such a large event, we can't do it alone. If you are able to share a couple of hours of your day as a volunteer, we would greatly appreciate it. Visit www.ipfw.edu/health to volunteer.**

March Celebrates

- ♥ National Nutrition Month
- ♥ National Colorectal Cancer Awareness Month
- ♥ National MS Education and Awareness Month
- ♥ March 24: American Diabetes Alert Day

The 20th Annual Health Fair committee is looking for volunteers!

Visit

www.ipfw.edu/health to register as a volunteer!

Contact Jen Roherty if you are able to volunteer on March 25!

Jen Roherty, 481-6746
 rohertyj@ipfw.edu

Then and Now: Soda



Original 8-ounce bottle
97 calories



12 ounce can
145 calories



20-ounce bottle
242 calories

20th Annual IPFW Health Fair

- Over 100 vendors providing health education and screenings
- Free health education about: cancer, diabetes, fitness, food care, skin care, stress relief, tobacco cessation and more!!
- Free health screenings: blood sugar, blood pressure, body fat, bone density, gambling assessment, HIV, heart disease, test anxiety and more
- Full blood health profile available (Free for employees, spouses and first 20 students, \$28 for general public)
- Free fitness activities and challenges
- Healthy living cooking demonstrations





Chicken Carrot Salad Sandwich

Prep Time: 25 min

Serves: 6

Ingredients:

- 1/4 pound French green beans or fresh thin green beans, trimmed
- 10 ounces purchased precooked sliced boneless chicken breast
- 4 medium carrots, coarsely grated
- 1 tablespoon finely grated peeled fresh ginger
- 3 tablespoons sweetened flaked coconut, lightly toasted
- 2 tablespoons reduced-fat natural-style peanut butter
- 2 tablespoons plain low-fat yogurt
- 1 tablespoon fresh lime juice
- 1 tablespoon reduced-sodium soy sauce
- 6 Bibb or Boston lettuce leaves
- 1/4 seedless cucumber, sliced
- 12 slices whole-grain bread, toasted

Directions:

Bring a medium saucepan of water to a boil; add salt. Add beans and cook until crisp-tender, about 4 minutes. Drain in a colander and rinse under cold water, tossing, until cool. Pat beans dry and cut crosswise into 1/4-inch pieces. Transfer to a large bowl.

Coarsely chop chicken and add to bowl with beans. Add carrots, ginger, coconut, peanut butter, yogurt, juice, and soy sauce. Stir until combined well; salt and pepper to taste.

Arrange chicken salad, lettuce, and cucumber between bread slices.

Source: <http://www.lhj.com>

Upcoming Events

March Events:

March 3: The False Comfort of Being Hungry. One woman's journey of finding herself and reaching recovery. WU Ballroom 7:00-8:30 pm

March 12: 2nd/3rd Shift Health Purdue Health Path Questionnaire session. 10-11 pm, NF 41/39. Bring cholesterol test results

March 17: Cholesterol Screening 7-10 am, WU 114

March 17: Healthier You: A More Nutritious You. KT G46, 12-1 pm

March 25: 20th Annual Health Fair Walb Union, 9 am -3 pm

Healthy Purdue 2009: Step-by-Step

1. Complete a free blood health/cholesterol screening. Free to IPFW employees, retirees and spouses.
2. Complete your Staywell Healthpath Questionnaire. Go to www.purdue.edu/healthypurdue and click the Staywell Icon.
3. Complete 4 of 6 Wellness Criteria apples before November 20, 2009.

This year, Healthy Purdue is just 3 easy steps! Earn \$200 in 2010 for completing all three steps. You can earn apples before your screenings and questionnaire. Questions contact Jen Roherty at 1-6746 or Judy Tillapaugh at 1-6647

March into the gym this month!

Sport Center Hours:

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

Registered Students free w/ ID

Employee memberships available (\$25 annual fee)

Fitness classes begin the week

of March 16

call 481-6619 to register!

Monday, March 16
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

A Healthier You: A More Nutritious You.

Healthier eating is often a hot topic of the New Year. However, often it comes with extreme calorie restriction and dietary imbalance. These bad practices can then lead to frustration, binging and rarely lead to long term success. One meal group often cut is snacking. Snacking can actually be a huge benefit to a more healthy way of eating. Often when you deprive yourself of something, it becomes the one thing you want the most.

An important tool is to recognize the trap of "mindless eating." Notice how, why, where, when and how much you snack. Only then will you be able to be in control. Mindless eating is not only munching away while watching TV, but also how your mind can be tricked by serving sizes, the size and shape of containers. Stop mindless eating. Eat mindfully.

New Guidelines for Snacking:

1. Yes, you may!
2. Enjoy.
3. Smart snacking can help your health goals.
4. Eat the whole thing...but first put a single serving in a small container.
5. Identify your snack time.
6. Don't stock up on needless things
7. Don't eat based on your emotions
8. Separate your kitchen from your relaxation area

Source: <http://www.licensetosnack.com/>

Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-6746 OR visit www.ipfw.edu/health & www.ipfw.edu/clinic

For more tips, join us for:
A Healthier You: A More Nutritious You.
Tuesday, March 17
12-1 pm, KT G46