

Wellness Newsletter



May 2009

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May Celebrates

- ♥ American Stroke Month
- ♥ Better Sleep Month
- ♥ Lyme Disease Awareness Month
- ♥ Melanoma/Skin Cancer Detection and Prevention Month
- ♥ Mental Health Month
- ♥ National Bike Month
- ♥ National High Blood Pressure Awareness Month
- ♥ National Physical Fitness and Sports Month



IPFW Employee Spotlight:

Linna R. Agne, visiting librarian in Helmke Library, is a year-round bicycle commuter. Linna sets a great example for our community and campus!

Commute to work: 10 miles round trip
Time: 40 to 60 minutes

My journey as a bike commuter began in graduate school since biking was a much more convenient and environmentally friendly to get to campus. Now, I have been commuting for nearly 3 years. I use my bike to travel everywhere from the grocery store to work in all sorts of weather. There are few places in Fort Wayne that I can't travel to on my bike. When I bike to work, I bring a complete change of clothes including shoes. My commuter uniform includes a shirt that wicks moisture away, just regular jeans and a wind/rain proof jacket so when I reach work I'm fairly cool and dry. For the summertime, I keep moist wipes in my office to grab any extra moisture before I change into work clothes. The benefits of commuting are rather numerous among my top ten are being part of the bike community, the excellent stress relief, a low impact workout, and a great sense of independence.

Bike to Work Day Friday, May 15

IPFW and the city of Fort Wayne will be participating in National Bike to Work Day on May 15. National Bike to Work day and week is organized by the League of American Bicyclists. This organization, in existence since 1880, works "to promote bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle-friendly America."

IPFW will offer free showers and light refreshments at the Hilliard Gates Sports Center for all bike commuters from 7-9 am. The City of Fort Wayne will have events centered at Headwaters Park for bike commuters.

Tips and Frequently Asked Questions:



1. **Is riding a bike in traffic during commute hours dangerous?**
For maximum safety, take your rightful place in traffic and obey all traffic laws. Ride with traffic. Not against it. With advance planning, you can find a route that avoids heavy traffic and other potential hazards. Consider taking a safety course, such as using the walking route option on Google Maps.
2. **Will biking lengthen my commute?**
It depends. Some commutes will take longer by bicycle, while others, particularly short distance commutes, will be much quicker and more reliable because you won't have to sit in traffic or wait for a delayed train. If your ride is roughly five miles or less, it will only take about 25 minutes. Consider that the time you spend on your bicycle is probably more relaxing and rewarding than other commute alternatives. Also, your commute by bike doubles as a workout so that's one less trip to the gym you have to make.
3. **How expensive is biking?**
You may need to make an initial investment, but even if you buy a new bike and equipment, it should pay off in lower commute costs in no time. It's best to purchase a bike from a bicycle dealer who will fit the bike to you and provide follow-up adjustments and repair. Many dealers carry used bikes.
4. **Will my clothes get wrinkled on the way to work?**
On a short, relatively flat ride, you will likely arrive in good shape. For longer rides, you'll find that racks, bike bags and special panniers are great for carrying a change of clothes to work wrinkle-free. You can also leave a small stock of work clothes at the office or use another commute option when you have special meetings that require dress attire.



Upcoming Events

May Events:

- May 5:** A Healthier You: A More Active You. 12-1 PM, KT G46
- May 13:** Weight Watchers @ IPFW Open House. 12-1 pm, KT 146
- May 14:** Healthier At Home. 100-10:45 pm, SB 183
- May 15:** National Bike to Work Day
- May 15:** Pedal Power. 12-1 pm, WU 114/116
- May 20:** National Employee Health and Fitness Day. 11 am -1 pm, Neff 1st Floor Lobby
- May 20:** Weight Watchers begins. 12-1 pm, KT 146, 12 weeks
- May 25:** Hit a Home Run for Your Health, 6 Week Summer Challenge Begins
- May 26:** Gardening 101. 12-1 pm, KT 117

Employee and Spouse Healthy Purdue Summer Cholesterol Screening Dates

May 26
7-10 AM
WU 222/224

June 16
7-10 AM
WU 222/224

July 29
7-10 AM
WU 222/224

Make an appointment at
www.ipfw.edu/health

Get Ready for Summer at the
Hilliard Gates Sports Center!

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)

Drop-in fitness classes!

Visit www.ipfw.edu/fitness for
updated schedule.
\$5 drop-in fee

Monday, May 11
4:45-6:45 PM

FREE! Fitness Assessments
Gates Sports Center
Blood pressure, Height, weight,
body composition and blood
sugar available

Cinco De Mayo Chicken Tostado Meal

Prep Time: 25 min

Serves: 6

Ingredients

- 4 (6-ounce) skinless, boneless chicken breast halves
- 1 tablespoon fresh lime juice
- 1 tablespoon 40% less-sodium taco seasoning (such as Old El Paso)
- 1/2 teaspoon sugar
- Cooking spray
- 6 (8-inch) flour tortillas
- 6 cups packaged coleslaw
- 1 (7-ounce) can green salsa
- 4 cups chopped tomato
- 1/4 cup sliced ripe olives, chopped
- 1 1/4 cups fat-free refried beans
- 1/2 cup (2 ounces) crumbled feta cheese
- 6 tablespoons reduced-fat sour cream
- 1/4 cup fresh cilantro leaves
- 1/4 cup unsalted pumpkinseed kernels, toasted (optional)

Prepare grill, or heat a grill pan over medium-high heat.

Brush chicken with juice; sprinkle with seasoning and sugar. Place chicken on grill rack or grill pan coated with cooking spray; grill 4 minutes on each side or until chicken is done. Cool slightly. Cut chicken into 1/4-inch strips; set aside. Place tortillas on grill rack or grill pan coated with cooking spray; grill 30 seconds on each side or until golden brown.

Combine coleslaw and salsa; toss to coat. Combine tomato and olives; toss gently.

Spread about 3 tablespoons beans over each tortilla; divide chicken evenly among tortillas. Top each serving with about 2/3 cup slaw mixture, 2/3 cup tomato mixture, 4 teaspoons cheese, 1 tablespoon sour cream, and 2 teaspoons cilantro. Sprinkle each serving with 2 teaspoons pumpkinseeds, if desired.

www.allrecipes.com

Are you ready to TRI?

A **triathlon** is a multi-sport endurance event consisting of swimming, cycling, and running in immediate succession over various distances. Sprint triathlons are a new American trend. As mini-marathons have grown increasingly popular, so has the triathlon allowed “mere mortals” to compete and continue to push themselves to accomplish new things.

Have you ever considered participating in a triathlon? A sprint triathlon combines at least 400 meters of swimming, 10 miles of biking, and 3 miles of running over a varied course. Some triathlons are longer than this, but a sprint triathlon is a great way to “get your feet wet”, keep your workouts varied, and become more than just a weekend warrior. All of this can seem a little daunting, but now after having completed my first sprint triathlon, I can honestly say that it is a worthy experience!

My weekly training included all three sports. Training in three concentration areas allowed me to cross-train and my body wasn’t under as much stress as it would have been loading all of my training in just one sport. Mixing up my training was also great mentally!

After nearly three months of training, the day had finally arrived and I was trying to ignore my anxiety. What I found amazing was that after getting through swimming in a pool with one hundred other people, the bike and run portion was like a vacation. I guess all those practice miles paid off. And the literal adrenaline high of crossing the finish line to the cry of hundreds of people truly made every step of the way worthwhile.

I have caught the “athlon” fever, and encourage anyone who enjoys a challenge to find an event that they think they can complete and just go for it. And once they do, they, like I, will wonder why they never tried one before.

Hanna Hager, IPFW Wellness Graduate Assistant

For more information, visit www.active.com/triathlon.

National Employee Health and Fitness Day!

Wednesday, May 20 from 11 am until 1 pm in the Neff Hall 1st Floor Lobby!
Join us for “Ask-the-Trainer”, a campus, fitness scavenger hunt, health and fitness tips and more!



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