

Wellness Newsletter



June 2009

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June Celebrates

- ♥ June 7 National Cancer Survivors Day
- ♥ June 15-21 Men's Health Week
- ♥ Home Safety Month
- ♥ June 1-7 Sun Safety Week

SUMMER GRILLING 101



Grilling tips to keep you healthy

- Clean everything before you start, this includes dishes, work surfaces, and hands. Proper cleaning can eliminate contamination.
- Cook your meats to the proper temperature, and always check it with a food thermometer. Beef should have an internal temperature of 145^o-170^o, burgers should be 160^o-170^o, chicken breasts should be 170^o, and pork should cook to 160^o.
- To keep the carcinogens down, cover the grill with foil, marinate the meat, or precook meat in the microwave before grilling.

Are you bored of the same old recipes? Well, summer is here. Fire up the grill and try some new recipes. Grilling is a great and healthy way to cook, and you have great control over what flavors your dish will have. With marinades and rubs, you can turn a boring chicken breast into a multitude of flavors. Marinating will also make your meat more tender!

As you grill, try to use foods that you don't often think of grilling. For instance, grilled apples, pineapples, peaches, and bananas make amazing desserts or side dishes. One helpful hint is to soak the fruit in water with lemon juice first. This will make the fruit extra juicy. Then when the grill is ready, place the fruit, flesh side down, onto the grill until it's ready.

Also, don't be afraid to grill veggies, either as side dishes or the main course! Vegetable kabobs are always great options that kids AND adults love. Vegetables will add nutrition, color, and flavor to any dish.

Make sure you enjoy the beautiful weather, and get outside and grill!

Kristen Dirig, Wellness Summer Intern

Ladies and Gentlemen,

Start your Grills!

May 9, 12:00-1:00 PM

Walb Union 114/116

Earn a Red Apple!

IPFW Employee Spotlight:

Diane Coughlin, Arts and Sciences

I talked to a dietician about choosing the right foods and learned about reading labels. I now read the labels on foods that I buy to check for carbohydrates, fats, and calories. It is easy to do and easy to follow. I am also trying new recipes to lower the number of carbohydrates. I put together a spaghetti recipe that is lower carbs. I sautéed 2 shaved zucchini squash and 2 thinly sliced tomatoes and put them on the bottom of a 9x13 pan. I put 1/2 to 3/4 pound of cooked hamburger on top of the cooked veggies and then about a 1/2 inch layer of cooked spaghetti noodles and topped it with a jar of spaghetti sauce. I sprinkled mozzarella cheese over it and baked it at 375 for 30 minutes. It was great! My husband and daughter both loved it. Next time I will add mushrooms.



June Upcoming Events



Banana Berry Smoothie

Prep Time: 5 min

Serves: 2

Ingredients

1 medium-size or large, ripe banana
1/2 cup frozen blueberries
4 fresh or frozen strawberries, hulled
1 cup milk
1 teaspoon honey
2 or 3 ice cubes if desired
Place all of the ingredients in a blender and blend until smooth. Serve right away.

Variation: Almond or rice beverage may be substituted for the milk.

Yield: One 16-ounce or two 8-ounce servings.

Advance

preparation: Smoothies should be made and drunk right away. This will thicken and lose flavor if it sits.

Martha Rose Shulman can be reached at martha-rose-shulman.com.

Need a father's day gift idea? Help the men in your life take a more active role in their health:

- Schedule a preventative health appointment
- Fitness equipment
- Sessions with a personal trainer or dietitian

June 9: Ladies and Gentlemen, Start your grills! 12-1 PM, WU 114

June 16: Cholesterol and Blood Health Profile Screenings. 7-10 am, WU 222. Free for employees and spouses!

June 26: The Keys to a Better Golf Game. 12-1 PM, WU 114.

Employee and Spouse Healthy Purdue HealthPath Questionnaire



Earn \$200 in 2010!
(and another \$200 for a spouse/partner!)

Visit www.purdue.edu/healthypurdue and click the StayWell Health Management link.

Don't delay!

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 (\$10 Summer fee)

Drop-in fitness classes!

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

Monday, June 8
4:45-6:45 PM

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



MEN...Get Healthy!

CDC: Women are 100% more likely than men to seek preventative health care.

Do you agree? June is Men's Health Month, so now is the time to get the men in your life (or yourself!) motivated to get healthy. Men and women actually share many of the same health risks, including diabetes, cholesterol, and cancer. Therefore, both men and women need to take the necessary steps to live a heart-healthy life.

The key to men's health includes preventative care:

- Annual check-ups are essential, as well as blood work and visits to your doctor. Take advantage of free cholesterol testing provided by Healthy Purdue and IPFW, or come to our next Fitness Screening on June 8th.
- Men should have an annual prostate exam beginning when they are 50. High risk men should begin screening at age 40. Schedule an appointment with your doctor.
- Get active to stay healthy. Summer is a great time to play football, train for a race, or just go for a walk.
- Eat right. Try out new recipes with family and friends, and add fresh, new ingredients.

Center for Disease and Control
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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