

Wellness Newsletter



August 2009

IPFW STEPtember Fantasy Fitness League

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It is highly unusual to enter the workplace or classroom on a Monday morning during football season without hearing some sort of conversation about fantasy football. Fantasy football is a game played by football fans in which participants draft a team of real NFL players from any of the 32 NFL teams. Players receive points for their performance each week, most commonly based on touchdowns and yards. There can be a lot of excitement, challenge, and reward when participating in a fantasy football league.

Join us as we take fantasy football to a new level. A new 6-Week IPFW STEPtember Fantasy Fitness League will begin on Monday, August 31.

August Celebrates

- ♥ National Immunization Awareness Month
- ♥ National Stroke Awareness Month

You can sign up as a team of three or enter the league as a free agent and we will create a team for you. Each week, work toward completing fitness activities, healthy eating, healthy lifestyle activities and health education information. Participants will receive a master sheet of activities and point values for each activity. Your goal is to earn as many points each week as possible. It is important to work as a team to encourage and challenge each other.

Just like fantasy football, each week teams will compete in a head-to-head competition with another team to compete for points. Winners of weekly head-to-head competitions will get bonus 5 points toward their final score.

You don't have to be a fitness expert or in great shape to participate! All you need is an interest in your overall health and an enthusiasm and dedication to fitting fitness and health into your week! Variety in your activity and continued education about your health are keys to a better, healthier you. This is going to be a really fun and new challenge, *please join us!*



IPFW Employee Spotlight:

Terry Coonan, IT Services & Bob Sedlmeyer, Computer Science

For the past year and a half Bob Sedlmeyer and I have been meeting regularly at the Gates Center for a run. We connect around our work schedules 3 or 4 days a week, usually at noon in the fall, winter and spring and early morning in the summer. A typical workout is a 4 or 5 mile run. We try to vary the routine to avoid getting in a rut. On the weekends we try to meet once for a longer run to build endurance. The variety keeps it interesting and the companionship makes it go quickly. It also helps to keep us committed. There have been scores of times over the past year when I have told Bob that the only reason I showed up was because I knew he was going to be there. I log all of our runs in a journal and as I reviewed the past year I found that we had at least 3 workouts every week even during vacations and holidays. Some of the benefits of these regular workouts that I have experienced include weight loss, increased energy, improved strength and fitness, and overall better health. We both began this journey with some fitness goals and over time we have met our initial goals and had to set new ones. That has been one of the satisfying aspects of our fitness journey. We have also renewed our friendship and enjoyed several fun times together. I would like to encourage others the find a partner, set some goals, start easy and work up and most importantly – stay with it!



Crispy Tomato & Cucumber Dill Salad

INGREDIENTS

- 1/4 cup cider vinegar
- 1 teaspoon white sugar
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon chopped fresh dill weed
- 1/4 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 2 cucumbers, sliced
- 1 cup sliced red onion
- 2 ripe tomatoes, cut into wedges

DIRECTIONS

1. In a large bowl, mix the vinegar, sugar, salt, dill, pepper, and oil. Add cucumbers, onion, and tomatoes. Toss, and let stand at least 15 minutes before serving.

www.allrecipes.com

August Upcoming Events

August 10: Free Fitness Screenings. GC, Royal Dons Room, 4:45-6:45 PM, Blood pressure, Height, weight, body composition and blood sugar available

August 26: Weight Watchers Week One. KT 146, 12:00-1:00 PM Healthy Purdue Purple Apple

August 31: STEPtember Fantasy Fitness League Begins. Register online at www.ipfw.edu/health by Tuesday, August 25, noon. Healthy Purdue Purple Apple

Employee & Spouse/SSDP
Healthy Purdue HealthPath Questionnaire



It pays to be healthy in 2010!

2010 Deadline is November 20

Visit www.purdue.edu/healthypurdue and click the StayWell Health Management link.
Don't delay!

Become a member 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

Fall I Fitness Classes begin the week of August 31st! Register today! Call 481-6619

Classes will be held at Dolnick Learning Center

Try:

Movement for Life
Mid-Day Yoga
Dyno Mix
Belly Dancing
Strengthen and Stretch
NEW Water Exercise
NEW Saturday Morning Energize
Zumba

Ready or Not, Here It Comes!

Summer is such a welcome break after an often busy spring semester. Even though we continue to work hard throughout the summer, the warm air and abundance of fun, summer activities offers a great relaxing time for us. The fall semester is full steam ahead. With the many things we may need to prepare to be ready, it is easy to get overwhelmed! As we reach the final stretch of days, before the start of the semester, don't forget to make a few minutes of relaxation time for you.

Try this! An excerpt from **20-Minute Retreats** by Rachel Harris, PhD:

I find it mesmerizing to watch cats stretch. They involved their whole bodies and seem so nonchalant and proud of themselves at the same time. And, of course, cats know how to relax. We have to remind ourselves to stretch and trust our instincts for how our bodies want to stretch. This is part of our learning to relax.

Step 1: *Begin from any position. For the first ten minutes, simply move and stretch in whatever ways feel good to you. This relaxation approach is taken from dance therapy and is based on the notion that you can unconditionally accept and trust any way you move. Simply pay attention to your body's instincts and trust your flow from one stretch to another.*

Step 2: *For the next eight minutes, begin to consciously expand your movement repertoire: move in different spatial planes—up, down, behind you, in circles; try moving through space; work from the floor if you've been standing or vice versa; alter the rhythm or pace of your stretching—faster, slower, sharper, smoother. In other words, intentionally try something new.*

Step 3: *For the final two minutes, just remain in stillness in any position you choose. Experience your physical reality, your warmth, your heart beating, your breathing.*