Be A Happier, Healthier You
Monthly Challenge

This month, choose two heart healthy activities each day. Simple, day-to-day choices can make all the difference in our health.

5 heart healthy daily habits:
- Avoid a high sodium food
- 15—30 minutes of exercise
- Avoid all tobacco products
- Practice a de-stressing activity
- Enjoy a lean and colorful meal

Earn 1 point a day.

Email rohertyj@ipfw.edu if you would like to receive a daily email about this month’s challenge.
Points are cumulative from month to month. Return bookmarks with as many points as you can (they do not have to be full!)
Accumulate points in 2012 and earn Wellness incentives:
All employees on campus receive monthly Healthier U Challenge bookmarks.

IPFW Health & Wellness has created a month of great programs to help make your heart healthier! We hope you’ll join us throughout the month and create a healthier, happier heart!

De-stress AND Exercise: Yoga
- Tuesday, February 7: 5:00—6:00 PM, Walb 114/116
- Thursday, February 9: 12:00—1:00 PM, Walb 114/116

Health Eating: “Dishing up Food for the Health Conscious & Time Crunched”
- Tuesday, February 14: 5:00—6:00 PM, Walb 114/116
- Thursday, February 16: 12:00—1:00 PM, Walb 222/224

De-Stress with: “Happy to Be Me” Stress Relief
- Tuesday, February 21: 5:00—6:00 PM, Walb 114/116
- Thursday, February 23: 12:00—1:00 PM, Walb 222/224

A Great Fitness Idea: Zumba:
- Tuesday, February 28: 5:00—6:00 PM, Walb G21
- Thursday, March 1: 12:00—1:00 PM, Walb 114/116

According to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States. One in every three deaths is from heart disease and stroke. That’s 2,200 people every day.

Some simple things that you can do to help improve your heart health are the focus of our Healthier U challenge this month. Simple things such as avoiding a high sodium food, getting 15-30 minutes of exercise every day, avoiding all tobacco products, managing stress, and eating lean, colorful meals.

IPFW Health & Wellness
2 tablespoons extra-virgin olive oil
1 rib celery, sliced (about 1 cup)
1 medium carrot, sliced (about 3/4 cup)
1 clove garlic, smashed
1/4 medium onion, about 1/2 cup
1/4 teaspoon kosher salt
1/3 cup orzo or other small pasta or egg noodles or broken up spaghetti
4 cups low-sodium chicken broth (1 quart box, or 2 cans)
Small handful fresh parsley leaves, basil or dill, chopped (about 2 tablespoons)
1/2 lemon, juiced (about 1 tablespoon)
Freshly ground black pepper

Directions
Heat the olive oil in a medium saucepan over medium heat; add all the vegetables, garlic and onion. Season with the salt, and cook until tender, about 6 minutes. Add the pasta and cook until slightly toasted and golden, about 2 minutes. Add broth, and bring to a boil over high heat. Cook, covered, until pasta is just tender, about 8 minutes.

Stir in whatever herb suits you (or your young eater) and lemon juice. Season with pepper and additional salt, to taste.

Food Network

February 2012
Full calendar online at www.ipfw.edu/health

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

SPORTS & THE IPFW/PARKVIEW HEALTH & WELLNESS CLINIC

Mark Your Calendars:
What Lies Within: The truth behind eating disorders and ways you can enhance body image and self-esteem through art.
March 1, 2012: 7:00—8:30 PM, Walb Union Ballroom
Free and open to the public.

September’s 20-MINUTE VEGETABLE NOODLE SOUP

- 2 tablespoons extra-virgin olive oil
- 1 rib celery, sliced (about 1 cup)
- 1 medium carrot, sliced (about 3/4 cup)
- 1 clove garlic, smashed
- 1/4 medium onion, about 1/2 cup
- 1/4 teaspoon kosher salt
- 1/3 cup orzo or other small pasta or egg noodles or broken up spaghetti
- 4 cups low-sodium chicken broth (1 quart box, or 2 cans)
- Small handful fresh parsley leaves, basil or dill, chopped (about 2 tablespoons)
- 1/2 lemon, juiced (about 1 tablespoon)
- Freshly ground black pepper

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Food Network