Be a Healthier, Happier You!

Monthly Bookmark Challenge
Living Active Lives!

Earn 1 point a day.

In May, Live an Active Life:
Create an active lifestyle for a healthier life through positive changes to physical activity!

If you’re ready to set a fitness goal, IPFW Health & Wellness is here to help. Check out some of the upcoming summer programming!

1. Employee Health & Fitness Day: May 16, 11 AM—2 PM, Friends Pavilion: Have fun, enjoy snacks, and great company from your co-workers. Enjoy a mid-day fitness break!
2. Bike to Work Week: May 14-18: Great events happening throughout the week. Ride your bike all week or on national bike to work day on Friday, May 18.
3. Quick Health Screenings This is your chance to meet one-on-one with Jen Roherty, IPFW Wellness Specialist and personal trainer. Quick Checks also provide an opportunity for health testing including blood pressure, blood sugar, weight, body composition, and body fat percentage.
4. Fort4Fitness “Dons In Training”: Run or walk training for the Fort4Fitness 4-mile, 10K, or half marathon. Training begins Wednesday, July 11. Event is on Saturday, September 29, 2012.
5. Tapestry Walk the Talk: Women’s walking group. Meets on Thursdays beginning July 12 at 6 PM. Walk training for 4-mile or 10K Fort4Fitness events.

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"Any little increment of physical activity is going to be a great boost to weight loss and feeling better," says Rita Redberg, MSc, chairwoman of the American Heart Association's Scientific Advisory Board for the Choose to Move program. The important thing is to choose activities you enjoy. That will increase your chances of making it a habit.

It helps to set workout goals. For example, do you want to prepare to run a 5K? Go to the gym more often? Or just walk around the block without getting winded? Make sure the goals are clear, realistic, and concise.

Source: Webmd

Take a few minutes to complete the 2012 Health & Wellness Annual Survey!
Visit www.ipfw.edu/health

Also, fill out the Fort4Fitness training form online!
Ingredients

- 1 cup Guacamole
- 1 Jicama
- 1 lb Ground Turkey
- 1/4 cup Red onion, julienned
- 2 cup Romaine Lettuce, loosely packed
- 1 Tbsp Cilantro, chopped
- 2 Tbsp Chili Powder
- 1.5 Tbsp Cumin
- 1.5 Tbsp Paprika
- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 2 tsp Dried Oregano
- 1/2 tsp Red Pepper Flakes

Process

1. Peel jicama and slice as thinly as possible using a mandoline or a sharp knife.
2. Soak jicama slices in cold water for 30 minutes prior to serving.
3. Place ground beef or turkey in a skillet and cook on medium heat until no longer pink.
4. Add seasonings and stir until evenly distributed.
5. Pat jicama slices dry, and top with lettuce, meat, game day guacamole, onion, and roasted Roma salsa.
6. Garnish with cilantro and lime wedges, and serve.

Notes

The jicama slices will be much more flexible after soaking in water for 30 minutes, thus making them more pliable for the tacos.

http://beta.primal-palate.com

Tacos with Jicama Shells

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

May Bike Commuters Challenge: Join the IPFW team and accumulate commuter miles throughout May! Register online at http://fwtrails.tumblr.com/

Saturday, May 12: Unofficial Practice Your Commute: Ride to IPFW. It’s nice to practice your commute on a day when there is less traffic and you have no time deadline. Refreshments available at the entrance to the Athletics Center along the main campus route. RSVP to rohertyj@ipfw.edu if you plan to participate.

Tuesday, May 15: Biking Here, There, and Everywhere! Get ready for summer biking from IPFW biking enthusiasts! Learn about biking for commuting, leisure, fitness, and more! 12-1 PM, KT 119.

Wednesday, May 16: Employee Health & Fitness Day. 11 AM—2 PM, Friend’s Pavilion. Enjoy various activities! Make your own trail mix, plan your commute using Fort Wayne Trails maps, get outside, and MORE! Rain location, Neff Lobby.

Friday, May 18: Bike to Work Day,
- 7-9 AM: Refreshments and coffee available at the Athletics Center.
- 11:30 AM: Bike to Lunch. Meet at Walb Union to ride to Old Crown on N. Anthony for lunch.

Eight Great Tips for New Bike Commuters:
1. Wear a helmet!
2. A bicycle is a vehicle. Follow the rules of the road and ride on the correct side of the road, not against traffic.
3. Be visible. Wear bright colors or reflective clothing. Use front and rear lights and reflectors day and night.
4. Be predictable. Make eye contact. Use hand signals.
5. Plan your route.
6. Bike/hike paths are great – but remember – Don’t ride on sidewalks!
7. Ditch the headphones.
8. Take the lane: Don’t be afraid to get out in the middle of the lane in stop-and-go traffic. Don’t blow past, just take your place in the middle of the lane and take your turn.

www.commutebybike.com

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

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