In case you haven’t seen, in June, the U.S. Department of Agriculture (USDA) released a replacement for its current food pyramid in support of dietary recommendations from the Dietary Guidelines for Americans 2010 to make half your plate fruits and vegetables. The new plate icon is sectioned off to show fruits and vegetables as half of the plate, making the recommendation easy to understand.

“This science-based, government recommendation to make half your plate fruits and vegetables is a significant and positive step in the battle to fight obesity and related health issues in America. The plate icon is a simple, memorable way to show Americans the proportion of fruits and vegetables they should be eating at every meal occasion,” says Dr. Elizabeth Pivonka, president and CEO of Produce for Better Health Foundation (PBH), the nonprofit entity in partnership with CDC behind the Fruits & Veggies—More Matters® national public health initiative.

www.FruitsandVeggiesMoreMatters.org  
http://www.choosemyplate.gov/

- The average American eats only 43% of the recommended fruit and only 57% of the recommended vegetables each day.
- Americans eat two-thirds of their veggies at dinner.
- Teens and those 65 and older appear to be eating less fruits and veggies.
- Just 1% of adults and 2% of kids meet BOTH the fruit and veggie recommendations each day!

Creating A Healthier U  
July Challenge  
Fruits & Vegetables  
Take the Healthier U challenge and “Choose Your Plate” by creating a plate that is half fruits and vegetables for at least one meal each day to earn wellness points and win!

- Earn 1 point by placing an “X” on the calendar for each meal that half your plate is fruits and vegetables.
- Earn Wellness incentives by earning points.
- All employees on campus receive this June Healthier U Challenge bookmark
- Need a calendar? rohertyj@ifpw.edu

Do you want to receive a daily F&V tip? To register: email rohertyj@ifpw.edu

The IPFW/Parkview Health and Wellness Clinic uses a discounted pricing structure for all IPFW students. The clinic is a fee-based clinic. Contact the clinic for an updated price structure.

The clinic can provide lab exams, check-ups and sick visits, gynecological services and more!
Mark Your Calendar!  
July 2011

Hilliard Gates Sports Center Hours:
M-Th: 5:30am-10:00pm  
Friday: 5:30am- 8:00pm  
Saturday: 8am - 5pm  
Sunday: Noon - 8pm  
FREE!

Fitness Assessments  
Monday, July 11  
4:45-6:45 PM  
Gates Sports Center

Recipe of the Month  
Mediterranean Crunch Salad

Servings = 4

Ingredients:

- 1 (15-ounce) can no salt-added garbanzo beans
- 1 cucumber, chopped
- 1 cup small broccoli florets
- 1 cup grape tomatoes, halved
- 1 cup finely sliced kale, tough stems removed
- 1/2 cup finely chopped Kalamata olives
- 3 tablespoons red wine vinegar
- 1 small garlic clove, minced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh thyme

Directions:

Combine all ingredients in a large bowl. Chill at least 1 hour before serving.

Source: Whole Foods

RECIPE OF THE MONTH  
MEDITERRANEAN CRUNCH SALAD

WALK THE TALK  
A day for you

Tapestry Walk the Talk:
- Tuesdays at 8 AM at Walb Union
- Thursdays at 6 PM at Walb Union

Free Women’s Strength & Conditioning:  
Thursdays from 5:15-5:45 PM at Friend’s Pavilion outside of Walb Union

July 6:  Week 10 Weight Watchers: 12—1 PM, KT 128
July 11:  Free Fitness Screenings: 4:45-6:45 PM, Gates
July 13:  Week 11 Weight Watchers: 12—1 PM, KT 128
July 19:  Quick Check: 2-3:30 PM, Neff Hall
July 20:  Week 12 Weight Watchers: 12—1 PM, KT 128
July 27:  Quick Check: 10 AM—12 PM, ET
July 27:  Week 13 Weight Watchers: 12—1 PM, KT 128

CIJGA Telephone Seminars: 2:00 PM
Pre-register online: http://ww4.premconf.com/webrsvp
July 20, 2011:  Manager’s Guide to the EAP (Managers only)  
Code: 8398384
To access the replay please dial 1.888.348.4629 and enter the passcode listed above in the seminar schedule. The seminars are available to listen to at beginning at 5pm ET/2pm PT on the seminar date and are available for 10 days.

IPFW Health & Wellness  
IPFW /Parkview Health & Wellness Clinic

Women’s Social Walking Group  
July 5-September 22

Tuesdays: 8:00 A.M. at Walb Union, 222/224
Thursdays: 6:00 P.M. at Walb Union Ballroom

$10 for IPFW employees and $20 for community members

This 12-week walking program is designed to help women create healthy habits and prepare for the Fort4Fitness 4-mile or 10K events on Saturday, September 24, 2011.

Print a registration form at www.ipfw.edu/tapestry  
For information call 481-6647 or email tillapau@ipfw.edu

Researchers at the Harvard School of Public Health found that women who regularly walked at a moderate pace had much higher odds of staving off disease and aging successfully than their counterparts who didn’t exert themselves beyond leisurely, easy walking.  
www.npr.org

NEW Summer Wellness Programming!

Free strength training class for female IPFW employees  
Thursdays (July 7-September 22)  
5:15-5:45 PM  
Walb Union Friends Pavilion

Because women naturally have less muscle mass than men, strength training can help make everyday activities easier, such as picking up the kids, carrying groceries, or working on household projects. Older women should be more proactive about age-related loss of muscle mass as a means of combating frailty. Studies have shown that strength training by women helps to reduce bone loss, helping to prevent osteoporosis and muscular deterioration and making aging a healthier, more enjoyable process.  
Don’t worry – you won’t end up looking like Arnold! Women generally have too much estrogen in their bodies to build large amounts of bulk.

Source:  American College of Sports Medicine

Schedule a Wellness Seminar for your department!  
Contact Judy Tillapaugh or Jen Roherty to discuss topic ideas and schedule a session!

Judy Tillapaugh, R.D.  
Fitness/Wellness Coordinator  
481-6647 tillapau@ipfw.edu

Jen Roherty, ACSM HFS  
Wellness Specialist  
481-6746 rohertyj@ipfw.edu

Sponsored by IPFW Department of Athletics, Recreation, and Intramural Sports & the IPFW/Parkview Health & Wellness Clinic.  
Visit www.ipfw.edu/health & www.ipfw.edu/clinic