Creating a healthy work-life balance is the key to being effective in all of your roles, work-related and personally. In August, IPFW Health and Wellness is helping employees to focus on making time to do the things you love.

Creating a healthy-work life balance can be challenging. Try some of these tips to help you balance:

- When you plan your week, make it a point to schedule social time and activities. If an activity is on your calendar, you’ll have something to look forward to and an extra incentive to manage your time well so that you don’t have to cancel.
- Schedule a weekly tradition with your family.
- Don’t get overwhelmed by assuming you need to make big changes to bring more balance to your life. Set realistic goals such as trying to leave the office earlier one night per week.
- Even on a hectic day, it’s important to take 10-15 minutes to do something that will recharge your batteries.
- Make a conscious decision to separate work time from personal time.
- Eat healthy foods, include physical activity into your day and get enough sleep. Set aside time for things you enjoy and things you can enjoy with your partner, family, or friends.

What’s a simple activity that consistently makes you happier?
⇒ If you had an entire afternoon to do whatever you wanted, what would you do? Where would you go?
⇒ How do you find balance between work time and life?


Did you know that CIGNA offers coaching programs by phone and email?

1. www.my.cigna.com
2. Manage My Health
3. Choose from the 10 coaching programs

Call CIGNA 24-hours a day with any questions you have at 1-800-767-7141.
Mark Your Calendar!  
August 2011

How Do You Make Time for Exercise?

It’s hard to make time for exercise when you have a jam-packed schedule, but experts say that it may ultimately help you get more done by boosting your energy level and ability to concentrate.

“It’s all about knowing what makes you tick and pairing intention with action to achieve tremendous fitness results” (ACSM Fit Society Summer 2011 newsletter)

- “The way I’ve found to be most successful is to immediately change into workout clothes when I get home, turn off the cell phone, and get down to the routine of that day. Eliminating distractions is key to accomplishing the workout...no TV, no phones ringing, just you and your body for a half an hour.” Karen Obringer, IPFW Career Services

- “Why do I go to the Thursday night Women on Weights Class? Initially it was because I knew I needed to do something to improve my physical condition quality. The timing and day worked perfectly. I continue to come because on my first try, I was impressed with how Jen was attentive to each person’s needs and I felt she made everyone feel that regardless of their size, shape, or form, she was there to help them create a physically better them. Not to mention it’s good to be able to have fun while working to get fit.” Dimples Smith, Human Resources

- “If you find yourself putting off a task that you try to do several times a week, try doing it EVERY day, instead. It may seem counterintuitive, but just getting in the habit of doing it is what is important, even if some days are longer or shorter than others.” The Happiness Project by Gretchen Rubin

- “I made a decision long ago that fitness was important enough to me to always work it into my schedule. Consequently, I schedule exercise into my daily calendar right along with meetings and appointments that are important to me. I few years ago I asked a good friend (who was in his mid 80s at the time) why he continued to exercise. He smiled, and replied “I want to look good in my casket!” My friend is now over 90 years old and is still in very good health.” David Kistler, IT Services

- “If you think you have no time, you’re dreading it, or you have no energy...go for just 5 minutes. Two things are likely to happen: 1. You’ll get 5 minutes of exercise that you won’t have gotten otherwise. 2. You’ll actually want to go longer!” Jen Roherty, Athletics

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

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Recipe of the Month

Grilled Tuna Kabobs

Servings = 4

Ingredients:

- 12 oz. package frozen tuna steaks, thawed and cut into chunks
- 2 Tbsp. olive oil (EVOO)
- 2 lemons
- 1 cup peach mango salsa, divided
- 1 large yellow onion, peeled and cut into chunks
- 2 bell peppers, red or green, cut into chunks
- Sea salt and ground pepper, to taste
- 1 cup couscous

Directions:

If using wood or bamboo skewers, put into water to soak. Pre-heat an oiled grill to medium high. Cut one lemon in half and slice into thick moons. Squeeze the other lemon and combine with oil and 2 tablespoons of salsa in a small bowl. Alternate fish, vegetables, and lemon slices on soaked skewers. Brush with salsa/lemon mixture. Sprinkle with salt and pepper. Place skewers on hot grill and cook 3-5 minutes, basting often with mixture, turning once. Prepare couscous according to package directions for 4 servings. Serve kabobs over couscous with remaining salsa for dipping.

Source: Whole Foods