Creating A Healthier U

To Maintain

Add a “+1” activity to each day during December to help you maintain your weight during the holidays! A “+1” activity can be a healthy snack, taking time to exercise, or any other choice you make that helps you maintain your overall health!

Earn 1 point a day.

Looking for a daily tip about fitting fitness into your holiday season?
Email rohertyj@ipfw.edu

⇒ Each month, is a challenge for ALL employees to participate in!
⇒ Accumulate points and earn Wellness incentives:

⇒ 30 points = a stress pen
⇒ 90 points = IPFW wellness water cup
⇒ 150 points = IPFW wellness apparel

⇒ All employees on campus receive monthly Healthier U Challenge bookmarks.

So how can you be flexible and up for the demands of the holiday season?

- Create a home workout routine for those times you can't make it to the gym. Crunches, push-ups, and many other exercises can be done without any gym equipment.
- Be flexible. Instead of simply blowing off your 5 p.m. trip to the gym in favor of an office party at the same time, wake up an hour early and walk or jog before work. Or fit a brisk walk into your lunch hour.
- Increase your time management skills over the holiday season. Organize your day the evening before. Prioritizing your tasks beforehand will help you find time to exercise. Each week, make it a priority to fit in three exercise sessions.
- Taking the family snowshoeing, cross-country skiing, or on a backpacking trip will provide exercise as well as quality time with loved ones.
- Try some of these local favorites: Fort Wayne Track Club races, Fox Island State Park, Headwaters Park Ice Skating, and cutting down your own Christmas tree at a local Christmas Tree farm!

Sources: WebMD, Mayo Clinic, Jen Roherty, IPFW Wellness Specialist

December 2011

Flu Shots at the IPFW/Parkview Health & Wellness Clinic
Open M-F 8:30 AM—4:30 PM.
Walb Union, room 234

All IPFW employees and spouses can receive a free flu shot at the Health Clinic.
Employees with CIGNA insurance should present their insurance card.
Mark Your Calendar!  
December 2011

- Every Thursday: 5:15 - 5:45 PM: Women's Strength Training. Racquetball Courts, Athletics Center  
  - No class on December 22 or 29
- Wednesdays in November:
  - Weight Watchers Mini Session: November 30-December 14
  - Weight Watchers from 12-1 PM in KT 128.
  - NO Weight Watchers on December 21 or 28.
- November 28-January 3: Holiday SOS Maintain Don’t Gain Challenge
- November 28-December 3: Homecoming Week!
- December 7: 7-10 AM: Blood Health/Cholesterol, WU G08
- December 9: 1-2 PM, IPFW Happiness Project, KT 119
- December 12: Quick Check, 10 A-12P, NF 288
- December 15: 12-1 PM, IPFW Happiness Project, LA 328
- December 21: Quick Check, 11:30 A –1 P, KT 128

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

Facebook
IPFW Health & Wellness  
Hilliard Gates Sports Center

What will make you happy this year?
IPFW Health & Wellness is starting a happiness campaign in January. We’re here to help you kick off the new year in a healthy and positive way. Because a big part of our pursuit of happiness is based on health, we want to help you toward your healthiest, happiest year yet.

“A “happiness project” is an approach to changing your life. First is the preparation stage, when you identify what brings you joy, satisfaction, and engagement, and also what brings you guilt, anger, boredom, and remorse. Second is the making of resolutions, when you identify the concrete actions that will boost your happiness. Then comes the interesting part: keeping your resolutions” (Rubin, G., The Happiness Project).

The focus of the IPFW Happiness Project will begin with four categories of change: healthy eating, exercising, stress management, or weight loss. Each participant will choose their own particular focus for creating their own happiness project. Each week, we’ll offer two workshops. The format of the workshops will be a 5-10 minute introduction and then 35-40 minutes of fitness instruction. The fitness instruction is meant to get you up, moving, and trying new things without having to change out of your work attire (just bring a pair of athletic shoes).

A Happiness Manifesto by Gretchen Rubin, The Happiness Project
- To be happy, you need to consider feeling good, feeling bad, and feeling right, in an atmosphere of growth.
- The days are long, but the years are short.
- You're not happy unless you think you're happy.
- Your body matters.
- Happiness is other people.
- “It is easy to be heavy: hard to be light.”—G. K. Chesterton
- What's fun for other people may not be fun for you, and vice versa.
- Best is good, better is best.
- Outer order contributes to inner calm.
- You can choose what you do, but you can't choose what you like to do.
- "There is no duty we so much underrate as the duty of being happy." —Robert Louis Stevenson

So join us for the first IPFW Happiness Project and decide how to take your happiness into your own hands.

Jen Roherty, IPFW Wellness

Make this your happiest year yet!  
Register for the IPFW Happiness Project!  
January 9—March 21, 2012
Register online: www.ipfw.edu/health

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

RECIPE OF THE MONTH

Turkey Noodle Soup

Ingredients:
- 1 medium onion, chopped
- 2 carrots, chopped
- 2 ribs celery, thinly sliced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 4 sprigs fresh thyme
- 1 bunch kale, thick stems removed and leaves thinly sliced
- 2 cups whole-wheat elbow macaroni
- 2 cups (10 ounces) cubed or shredded cooked turkey breast
- 1/4 teaspoon freshly ground black pepper

Directions
Heat a large saucepan over medium-high heat until hot. Add onion, carrots, celery and garlic and cook 6 to 7 minutes or until vegetables are tender and beginning to brown, stirring occasionally. Stir in broth, 4 cups water and thyme and bring to a boil. Add kale and macaroni and return to a boil. Cook about 5 minutes or until macaroni is al dente. Stir in turkey and pepper and cook 2 to 3 minutes longer or until turkey is heated through. Remove thyme sprigs before serving. Whole Foods

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

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