

Wellness News You Can Use



Winter 2008

Table Massage



Dates

We are fortunate to have Xiaoqi Wu, owner of Eastern Therapeutic Massage, on campus twice per month, 11:00 am – 1:00 pm, offering 15 minute table massages. The fee is \$15 for 15 minutes. Consider giving the gift of beneficial massage to yourself or a co-worker to reward a job well done. Xiaoqi will be on campus on the following dates: January 8 and 22, February 5 and 19, March 4 and 18, April 1, 15, and 29, and May 13 and 27.



“Laugh...it’s like jogging on the inside”

(nih.gov/jokes)

Gentle Reminders

(Thriving, summer 2007)

Incorporate one or more of these tips if you find stress *creeping* into your day.

1. Breathe
2. Lighten up
3. Change (locations or activities or people your with)
4. Physical Activity (exercise, walk, play a game)
5. Diet (watch sugar, caffeine, fatty foods, and alcohol; drink water, eat fruit/veggies)
6. Get it out (talk to a friend, counselor, write it out)
7. Have fun (recreate; movie, games, museum, park, playground; do something creative)
8. Relax (in the tub, take a nap or a shower, sit in the sun/shade, do nothing).
9. Massage
10. Do something nice

or kind for someone or the planet.

Think Wellness, Thursdays

Return

(Noon – 1:00 pm)



Consider taking a trip over to McClelland as speakers share a favorite vacation, a personal passion, and the latest health information.

Here are the topics coming up:

January 17 “Boundary Waters and Me,”

January 24 “Is Bike Commuting Sustainable?”

January 31 “Alaskan Adventures,”

February 7 “Heart Health,”

and March 6

“Nutrition News.”



A Handful A Day....

Considered a “super food,” almonds are

packed with nutrients, fiber, riboflavin, magnesium, iron and contain more calcium than any other nut.

One serving (23 almonds) provide half of the body's daily allowance of vitamin E and provides one of the best plant sources of protein. Finally, most of the fat in almonds is monounsaturated – a healthier type of fat that may help lower blood cholesterol levels.

(Mayoclinic.com)

National Wear Red Day is

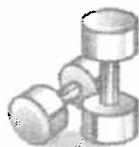


Friday,
February 1,
2008

In support of heart health, the Knox County Health Department is encouraging the Knox Community to wear red on Friday, February 1. Heart disease is the number 1 killer of women claiming 500,000 U.S. women's lives per year. So, let's dig out a red tee or tie, and go one step further by having our cholesterol

checked, encourage a loved one to quit smoking, or simply go for a walk.

Noon Fitness Classes Offered (12:05 -12:35 pm) If you feel the urge to



shake up your fitness routine, try yoga or an exercise class in the coming weeks. If nothing else, you will meet some neat people, have a few laughs, and gosh, maybe even decide it makes you feel great. Mondays and Wednesdays will be an old school calisthenics class. Yoga will be held on Tuesdays and Thursdays (or Fridays if there is a lunch and learn). Extra mats are available in the cubbies next to the fitness studio.



Health Tip for the Fitness Center

To keep *germs* at bay, wipe down cardio and weight machines using the towel and solution provided. Ask the student worker if

fresh towels or cleaning solution is needed. Merci!

Recipe



Corner

Blueberry Yogurt Muffins

2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/4 c. sugar
1/2 tsp. salt
1 tsp. cinnamon
2 eggs
1 1/4 c. plain yogurt
1/2 stick butter, melted
1 T. lemon zest, grated
1 c. blueberries, fresh or frozen
Preheat oven to 375 degrees.

Stir together flour, baking soda, baking powder and salt. In another bowl, combine sugar, yogurt, eggs, butter, cinnamon and lemon zest. Blend the wet and dry ingredients together; gently fold in blueberries. Spoon batter in muffin tins and bake for 15 minutes or until tops are browned. Let cool in pan. Remove and serve warm or store in freezer. Yummy!

Nutrition facts:

calories 160; calories from fat 45; total fat 5g; cholesterol 45 mg; total carbohydrates 24g ; protein 4 g