

FROM: Human Resources
 DATE: March 25, 2009
 SUBJECT: Health Promotion and Wellness Newsletter

Please look for the March edition of the Top Health Newsletter. If you are an Office Assistant receiving multiple copies of Top Health Newsletter, please place the copies throughout your building where you feel it will be convenient for employees to read the newsletter. Supervisors receiving a copy, please let your staff know where you will post the newsletter. As always, we welcome your input concerning this process.

Explore More Fruits and Vegetables. Have you heard? The potato is America's most popular vegetable. Yes, we love spuds—to the tune of about 130 pounds per year per person. The banana wins for favorite fruit. The average American enjoys about 25 pounds annually. Experts say the healthiest diets are rich in fruits and vegetables. Why? It's because of their disease-fighting vitamins, minerals and other nutrients plus fiber. Traditional fruit and vegetable favorites are fine, but variety is divine. For the most nutrition, pick from all the colors—red, orange, yellow, purple, green and white. **Menu Ideas for More Fruits and Vegetables:**

- ❖ Berries on cereal
- ❖ Sliced mango with nonfat yogurt and low-fat granola
- ❖ Spinach and mushroom omelet
- ❖ Sandwiches dressed with romaine lettuce and slice tomato
- ❖ Papaya or melon for dessert
- ❖ Star fruit as garnish
- ❖ Pineapple-banana smoothie
- ❖ Pasta salad with chopped broccoli and peppers
- ❖ Lasagna with eggplant and zucchini

Weight Control Quick Tip: Eat more to lose weight? You bet! A diet high in water-heavy foods—fruits, vegetables and water-based soups—is low in calories. You can eat plenty and feel satisfied while still losing weight. Example: eat an apple instead of a cookie.

For Snacking Keep prewashed and sliced fruits and vegetables within easy reach at home, and pack portable produce—grapes, carrots or sliced peppers—for nutritious bites at work

WSC Campus Opportunities . . .

Mindful Breathing is a stress reduction practice that is offered every Thursday from 4:00 - 4:45 p.m. in the Goldenrod Room of the Student Center. For more information, contact Karen Granberg, kagranb1@wsc.edu.

Aerobics will be offered from 5:15 to 6:15 p.m. Mondays and Wednesdays on the Rice stage

YogaFit Level One will be offered from 5:15 to 6:15 p.m. Tuesdays and Thursdays in the Elkhorn Room of the Student Center. For information on YogaFit, please contact Marilyn Mudge mamudge1@wsc.edu, 7554 OR Charissa Loftis chlofti1@wsc.edu, ext. 7729.

Years of Service

Thank you for your years of Service to WSC!

Jeff Carstens 15 Years

Sue Denklau 15 Years

If you have any questions or comments, please give us a call at 375-7403.
 Enjoy.