

# Healthy Holiday Newsletter



December 2007

[mnsu.edu/wellness](http://mnsu.edu/wellness)

507.389.2068

*The Wellness Committee would like to wish you a happy holiday season. Instead of adding wellness events to your December schedule, the committee has produced a newsletter for your enjoyment. The articles have been written by committee members on topics related to the committee's mission of fitness, nutrition, mental health and workplace environment.*

## A New Year, A New You

The New Year is fast approaching and for many people this means making resolutions. Often people tend to focus on their negative habits as areas for improvement. "I'm going to quit drinking soda... No more cigarettes for me... or I'm cutting back on those late night snacks", seem to end up on many lists year after year. And while reducing behaviors and choices that we perceive as detrimental is definitely a good thing, there are a lot of other resolutions out there. Recognize the positive things you do in life and think about building on them. Perhaps you already take a walk for a half hour every evening, what if you extend it another couple of blocks and make it ten minutes longer? Or instead of

reaching for that third cup of coffee in the morning, why not have a hot cup of tea in its place?

New Year's is also a great time to try new things. It might be trying new foods or participating in new activities. If you've always wanted to see what that Yoga class is all about, try it out for a few weeks. Still haven't been cross country skiing? Give it a try. There are tons of exciting, delicious and healthy recipes out there, so why not try one a week? Developing self control and discipline may be the toughest part in following through with your resolutions but there is no reason you can't reward yourself when you are successful. Also, don't be too

hard on yourself if you drop the ball, we are only human.

Another great way to look at resolutions is that all they really are is an attempt to raise our personal awareness. How do our actions and choices impact our life and the world around us? The decisions we make every day have a direct impact on the quality of not only our own lives but of those around us. Perhaps this could mean making a resolution of the gift of service to others. After all, our families, neighbors and our community could all use a helping hand from time to time. It is good to remember that you reap what you sow.

## Free Trial Membership Otto Recreation Center

Are you curious about the recreation center on campus and don't have a membership? Give it a try over winter break – no strings attached!

Faculty and staff members will be able to use the facility free of charge from December 17th – January 11th, 2008. All you need to do is stop by the campus recreation office (MF 118) between the hours of 9 A.M. and 6 P.M. weekdays after December 10th to have your MavCard activated. Once your MavCard has been activated, you'll be able to use the gymnasium, the cardio machines, the weight room, the racquetball courts and the

swimming pool. You will also be able to check out equipment, towels and a locker. You will need your MavCard for entrance into the facility. No spouses or children are eligible for this trial. Facility hours over winter break are:

December 17th – 20th 8 A.M. – 9 P.M.  
December 21st 8 A.M. – 7 P.M.  
December 26th – 28th 10 A.M. – 2 P.M.  
December 31st 10 A.M. – 2 P.M.  
January 2nd – 3rd 8 A.M. – 9 P.M.  
January 4th 8 A.M. – 7 P.M.  
January 7th – 10th 8 A.M. – 9 P.M.  
January 11th 8 A.M. – 7 P.M.

\*swimming pool is open 11 A.M. – 1 P.M. every day the facility is open.

We are closed on weekends and also closed December 24th, 25th, and January 1st.

If you like what is offered, you can purchase a spring semester membership for only \$50. If you have questions, please contact Jennifer Myers @ 389-3269.



MINNESOTA STATE UNIVERSITY MANKATO

### Winter Party Survival Tips

1. Think first – “Do I really like this?” “Is this on my list of favorites?”
2. Taste next – Ask yourself, “Is it as good as I thought it would be?” If not, don’t eat it!
3. Eat a small meal before attending special events and parties.
4. Remember your exercise. Special event schedules can disrupt your routine.
5. Set realistic goals – strive for weight maintenance rather than weight loss.
6. Remember that alcohol increases appetite and contributes calories.
7. Make the first drink at a party low calorie; save the high calorie beverage for the end of the party.
8. Learn the art of saying “No, thank you. I’m full.”
9. Visualize yourself succeeding.
10. Practice moderation, not deprivation.
11. Focus on enjoying family and friends.
12. Position yourself away from the buffet table. Concentrate on the conversation in-stead.
13. Bring a healthful dish to share. Some favorite ideas include: tossed salad, vegetable platter, fresh fruit salad, pasta salad, platter of turkey sandwiches or vegetable soup.
14. Concentrate on calorie-free intangibles like music and atmosphere.

### Incentives

Motivation is crucial to beginning and maintaining healthy habits. While a great deal of that motivation comes from within, the Minnesota State Mankato Employee Wellness Program is willing to up the ante. Beginning in January, all official wellness events will have an extra incentive besides doing something good for yourself. Drawings will be held for each event to win

prizes, good prizes, great prizes! In the past the Wellness Program has done month long competitions with bigger incentives, but we figure, “Why wait until the end of the year? We should give incentives all year long!” Here’s how it will work: Attend a wellness event, sign in on the attendance sheet. Afterwards, we’ll have a random drawing and then contact you

if you are a winner. But wait, there’s more! When you sign in, we’ll keep track of how many wellness events you attend and at the end of each month, and at the end of the semester, we’ll award prizes to our top attendees. Prizes might include; yoga mats, state park passes, sports accessories and apparel, bike helmets, and gift certificates, just to name a few.

### Concerned About A Smoker?

Quitting smoking is tough. It can take a smoker several tries before being successful in quitting. Often times we want to help our friends and family quit but don’t know how. The Mayo Clinic in Rochester, MN is currently offering a program for people that want to gain the knowledge and strategies that will assist smokers to put down that

pack of cigarettes for good. The program is aimed at encouraging, motivating and supporting smokers who want to make the transition to a smoke-free lifestyle. For more information on what you can do to help, please call this number 1.800.957.2950 (toll free) or e-mail [mayosupport@mayo.edu](mailto:mayosupport@mayo.edu)

#### *Gift Ideas for Smokers*

Give that special someone something else to do, besides smoke. Thoughtful gifts might be:

- Chewing gum (with or without nicotine).
- Flavored toothpicks.
- Twizzlers.
- Baby Carrots

### What’s Your Real Age?

We invite you to take advantage of a free online health assessment tool, [www.realage.com](http://www.realage.com). It is a very comprehensive program (have that multi-vitamin bottle handy) which analyzes where you are currently and then tells you your approximate real age. You might be a few years younger than you think. Not only does it assess you now,

Besides the day you were born there are a lot of factors that determine how old or young we feel. Everything from our diet and exercise habits to our social life and sleep patterns. Becoming aware of our habits can be a great benchmark for setting future goals, modifying behaviors and reinforcing the positive things we already do.

it gives you personalized plans for how to improve your age through a number of different approaches.

If you choose to participate by January 18th, e-mail [graham.prather@mnsu.edu](mailto:graham.prather@mnsu.edu) that you have completed it (honor system) and you will be entered into a drawing.

### Is It Time To Eat?

It's the holidays and let's face it, we like to eat. Just remember we don't have to say thank you by going back for seconds or thirds at the buffet table. Here are some useful numbers to keep in mind when you head out for that big meal.

Typical Meal	Calories	Fat
8 oz beef steak	720	50
Baked Potato, medium with:	630	40
Butter (2 Tbsp.)	220	24
Sour cream (2 Tbsp.)	50	6
Cheese (2 Tbsp.)	60	6
Broccoli, 1/2 cup with:	25	0
3 Tbsp cheese sauce	90	6
Thick slice of bread	140	2
1 Tbsp. butter	110	12
Eggnog (8 oz)	343	19
Cheesecake, small slice, 3 oz	330	23
Total	2718	188

#### Nutrition Assessments

You are what you eat!!! Do you want to know what your body needs in a day to fit the healthy requirements or if what you're eating is too much or not enough? Make an appointment for a diet assessment with the Student Health Services' Nutrition Health Educator, Rebecca Gruenes, MS, RD, LD to get these questions answered. The diet assessment will include analysis of foods you have consumed and an individual visit with the dietitian explaining the results. For more information or to make an appointment call 389-5689, cost is \$30 for the analysis and individual appointment.

### Heart Healthy Substitutions

Instead of:	Portion	Saturated fat (g)	Use:	Saturated fat (g)
Dairy				
Butter*	1 Tbsp	7.5	Vegetable oil, broth	0.0
Cream	2 Tbsp	7.0	Evaporated skim milk, fat-free half & half	0.0
Cream cheese	2 Tbsp	6.5	Light cream cheese	3.5
Eggnog	1/2 cup	5.5	Fat-free eggnog	0.0
Half and half	2 Tbsp	2.0	Fat-free half and half	0.0
Ice cream	1/2 cup	6.0	Frozen yogurt	1.5
Sour cream	2 Tbsp	3.0	Fat-free sour cream	0.0
Whipped cream	2 Tbsp	3.0	Fat-free whipped cream	0.0
Whole milk	1 cup	5.0	Skim milk	0.0
<b>Totals</b>		<b>45.5</b>		<b>5.0</b>

\*For baking recipes, you should use trans fat-free margarine and reduce the amount by half. Substitute applesauce or baby food prunes. For finishing vegetables, use butter-flavored spray. For mashed potatoes and stuffing, decrease fat by half and use a light, trans fat-free margarine.

## Coming up 2008

### American Red Cross First Aid, CPR and AED

*Be Safe! Be Prepared! Be a Good Citizen!*  
February 16th, 9 A.M. to 1 P.M. \$20 registration fee.  
Mini-mum of 4 people, maximum of 12. Please register  
with Jennifer Myers at 389.3269 or by e-mail jennifer.  
myers@mnsu.edu by February 11th to reserve your spot.

### Sister Rosalind's Massage School

*Back by popular demand! 15 minute massages for \$5*  
Massage Therapy students will be on campus February  
29th from 11 A.M. to 1 P.M. in CSU 253. A fifteen minute  
massage will cost you only \$5. To register for a time slot  
please contact graham.prather@mnsu.edu by February  
15th. Space is very limited so act now.

### Mt. Kato Family Ski Night February 8th

Bring the family out for a night of fun on the slopes.  
Please send name, number attending, contact info, rental  
needs and a check made out to MSU Wellness and  
send to Graham Prather WA 336 by January 31st to be  
eligible for the group rate. Unfortunately, late registration  
will not be available. Lift tickets \$14, ski or snowboard  
rental \$13, beginner lessons \$3, snowblade rental \$25  
(prices are per person for all ages).

Arrive between 4 p.m. and 6 p.m. and check in at the  
Minnesota State Mankato table just inside the chalet to  
pick up your lift tickets. Mt. Kato closes at 10 P.M.

Bonus: Every employee who registers will be entered  
into a drawing to win a pair of lift tickets to be used at  
anytime during this ski season. Need not be present  
to win.

### Book Club Brown Bag January 29th

Need a good book to read over break? We've got  
one for you. *1000 Splendid Suns* by Khaled Hosseini is  
the must read follow up to the 2005 bestseller *The Kite  
Runner*. After the break, we'll meet January 29th in CSU  
204 from 12 P.M. to 1 P.M. to discuss. Don't forget to  
bring your lunch!

### Spring Yoga begins Monday January 14th

*Mixed Level Yoga (Beginners and up)*

Mondays and Wednesdays 12 P.M. to 12:45 P.M.  
Beginning January 14th and running through April 30th  
(except for the week of spring break and on MLK Jr. Day).  
Classes will be held in PH 102. \$2 a class for drop-ins,  
\$30 in advance for one time a week or save and pay  
\$49 in advance for two times a week. Fifteen weeks  
total. Taught by graduate student Tasha Purcell. No need  
to register in advance, just show up and bring a friend.  
We'll provide the mats.

### mnsu.edu/wellness

Stay Up To Date With What's Happening  
The Employee Wellness Web site is a great way to see  
what is going on each week, find valuable tips, recipes,  
and links to other fun things happening on cam-pus  
and around the area. We welcome your feedback and  
suggestions too! Know of something going on that others  
should hear about? Please, let us know.

#### Wellness Committee Members

Jill Frederickson-Kratzke	Wendy Schuh
Kyle Snay	Gary Urban
Jen Myers	Rebecca Gruenes
Linda Leech	Lola Lemcke
Sonya McNamara	Amy Wagener
Diane Roggow	Chris Wilkinson
Graham Prather (Graduate Assistant)	

The Minnesota State Mankato Wellness Committee  
is a part of the state mandate for staff development  
and meets monthly to develop educational events and  
activities for the faculty/staff well-being. Any employee  
is welcome to join us in this happy work.

**If you would like e-mail reminders of upcoming wellness events, please send us an e-mail.  
Wellness Committee contact info: Graham.Prather@mnsu.edu 507.389.2068 Wigley 336**

Minnesota State University, Mankato is an Affirmative Action / Equal Opportunity University.  
Individuals with a disability who need a reasonable accommodation to participate in these events, please contact the Wellness Committee  
at 507.389.2068 (V) or 1.800.627.3529 or 711 (MRS/TTY) at least five days prior to the day of the event.