

Health and Wellness

VOLUME 2, ISSUE 5

FEBRUARY 2012

SPECIAL POINTS OF INTEREST:

- Warm Chocolate Pudding
- Exercise of the month
- Stretches at your Desk
- *Underlined words are helpful links!

INSIDE THIS ISSUE:

Stretches at Your Desk 2

Love Your Body 2

Pay it Forward 2

Community Outreach Opportunities 3

Exercise of the Month 3

Active Winter Dates 3

Warm Chocolate Pudding 4

Contact Us Mission Statement 4

5 Valentine's Ideas How To Love in a Healthy Way

If you are trying to lose weight or maintain a healthy lifestyle, Valentine's Day can get in the way of your health goals. With Valentine's day bombarding you with boxes of chocolates, fancy dinners out, candy hearts and chocolate candy roses, here are some ways to celebrate the love in a healthy manner.

1. Go out for lunch, not dinner. Lunch portions are smaller and more in line with the true portion sizes.

2. For true romance, order one meal and share it. If you don't want to share, ask the waitress to bring a box with your meal and pack half away for another day.

3. Instead of sharing a high-calorie bottle of wine, have a bottle of sparkling water with cut citrus added.

4. Looking for a delicious romantic dessert? Dark chocolate fondue is a yummy way

to eat an enormous amount of fruit. Dipping it into dark chocolate gives you the benefit of adding the heart healthy antioxidants that we all need.

5. Package some heart healthy almonds for your loved one with a note saying, "I'm nuts about you!"

For more info click here.



Upcoming and Current Events

New Events

- Maverick Bootcamp: Register Now through Feb 28th—6 week program, March 12th-April 20th

Questions? Room HC 1410 or Email: msufitness_assessment@yahoo.com

February

- 14th: Poker Walk
- 17th: Snowshoeing with Jen Myers @Noon
- MOUNT KATO NIGHT CANCELED
- 20th: Women's Health Fair

Current Events

- Zumba (HN-225)
 - 5:00-6:00pm Mon/Thurs
- Yoga 4 Wellness (PH-102)
 - 12:00-12:50 Mon/Wed
- Shape Up Challenge (PH 114)
 - 4:45- 5:30 Wed

Stretches at your Desk



© Mayo Foundation for Medical Education and Research. All rights reserved.

Hold each stretch 20-30 sec. and remember to keep breathing.

Chin Tuck:

- Face straight ahead.
- Lower your chin to your chest.
- Hold the stretch for 15 to 30 seconds. You'll feel tension in the back of your neck.
- Relax and slowly return to the starting position.

Doorway Chest Stretch:

- Shoulders should be at a 45 degree angle.
- Place arms on either side of the doorway.
- Keeping the weight on the feet, lean forward and squeeze shoulder blades together.
- Hold for 20-30 seconds



We can only be what we give ourselves the power to be.

Love your body. It's the only one you've got!

Love Your Body

Valentine's Day is about sharing our love with others, but it's just as much about loving ourselves! Here are some ideas on how to love yourself:

1. Enjoy your hobbies and interest often!
2. Spend time and energy being good to your body, through eating healthy and

exercising!

3. Select friends who lift you up and support you!

On Valentine's Day, here are some ideas to treat yourself:

1. Take a bubble bath! You won't believe how relaxed you will feel.

2. Take a cooking class!

Have a new experience, meet some new people, learn something.

3. Pamper yourself to a homemade facial!



Pay it Forward

Want to watch a movie on Valentine's Day? Rent the movie Pay It Forward, a 2000 film about a young boy who attempts to make the world a better place after his teacher gives him that chance. The movie reminds us that sometimes the simplest idea can make

the biggest difference! Enjoy!

Here are some Pay It Forward Ideas:

- Put a quarter in a meter, any meter, that's about to expire.
- Tip your restaurant server generously.
- Compliment a stranger.

- Let someone cut in front of you at the grocery store.
- Hold the door open for someone.
- Teach a child something you wish you knew at that age.
- Spend some time with a senior citizen living alone.



Community Outreach Opportunities

Polar Bear Plunge!

The Polar Bear Plunge - presented by Minnesota law enforcement as part of their year-round Law Enforcement Torch Run events - is a unique opportunity for individuals, organizations and businesses to support Special Olympics Minnesota athletes by jumping into frigid Minnesota waters. (Click Polar Bear for more info)

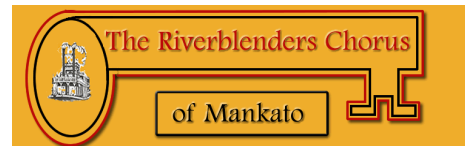
Law Enforcement Presents



Singing Valentines!

The Mankato Riverblenders will send a handsomely-clad Barbershop Quartet to an office, home, classroom, restaurant, or any Mankato area location on Tuesday February 14th. The Quartet will

arrive unannounced and search out your special someone. They will sing two appropriate songs and present a long-stemmed rose with a lovely Valentine's card naming the sender. Pictures will be taken and mailed or emailed following the event.



Exercise of the Month

Pilates Hundred:

This is a great exercise that focuses on warming up the core temperature and contracts the abdominals.

Make sure to use appropriate modifications depending on your fitness level.

1. Laying on your back, lift your legs bent at the knees bent at a 90 degree angle. Ensure that your pelvis and ribcage and anchored on the floor.
2. While breathing out, roll your chest forward and raise both your arms slightly off the floor. Move your abs toward your spine while stabilizing your hip on the floor. Extend both your legs upwards while keeping your torso stable.
3. Hold this position continue to breathe by inhaling & exhaling two short breaths. Breath for 10 full breaths.

*Click link below to watch a video on how to perform the **Pilates Hundred.***

Everyone's body is different, please use modifications below.



Active Winter Date Ideas

Feel like you and your partner are getting a little tired of the typical dinner and a movie? Maybe you are starting to feel a little stir crazy staying in during the winter months. Here are some great active choices that you can make

when planning a date with your 'special someone':

1. Hit the Slopes: Balancing on skis or a snowboard turn out to be a great workout for the abs.
2. Just Dance!! Dancing can burn way more calories than just sitting on a bar stool.
3. Attend a fitness class together
4. Laser Tag: This could be a way to help bring back that youthful vibe to your relationship,

get your heart racing for each other, literally!
5. Make a Bowling date: Bowling is a great activity that can be enjoyed by all ages!



Minnesota State University, Mankato

Warm Chocolate Pudding



1. Lightly beat egg with a fork in a medium bowl.

2. Combine 1 1/2 cups milk, 1/3 cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.

3. Whisk the remaining 1/3 cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat.

4. Whisk about 1 cup of the hot cocoa mixture into the beaten egg. Return the egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened, about 2 minutes. Whisk in vanilla. Serve warm.

Ingredients:

- 1 large egg
- 2 1/4 cups nonfat or low-fat milk, divided
- 2/3 cup sugar, divided
- 1/8 teaspoon salt
- 2/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract

Serves 6

Per serving: 164 calories; 2 g fat (1 g sat , 1 g mono); 37 mg cholesterol; 34 g carbohydrates; 6 g protein; 3 g fiber; 110 mg sodium; 311 mg potassium.

Contact Us and Mission Statement

Sponsored by the Minnesota State University, Mankato

Employee Wellness Committee

Minnesota State Mankato is an Affirmative Action/Equal Opportunity University. Individuals with a disability who need a reasonable

accommodation to participate in these events should contact the Wellness Committee at (507) 389-2016 or (507)389-2017.

If you have questions, comments, or topics you would like to see in a future newsletter please contact [Carly](#) or [Diane](#) or call (507) 389-5689 or (507) 389-2016.



Minnesota State University, Mankato

Click on above icons to see what is happening with the Employee Wellness Committee!

Mission Statement

The mission of the Minnesota State University, Mankato Faculty and Staff Wellness Committee is to promote a worksite culture that supports employees' desire to make healthy lifestyle choices.

Our vision is to develop educational outreach activities that encourage employees' personal and professional productivity and physical, mental, social, and holistic wellbeing.

Wellness Committee members

Kirsten Anderson

Heather Walker

Nicole Olson