Upcoming Events for Fall

HEALTH TRIP WELLNESS CHALLENGE!

Pack your bags and take a "Health Trip" with the Wellness Program to add some fun and adventure to your work week! Hit the road and travel to different locations while earning Frequent Mover Miles by logging aerobic activity (like walking or exercise classes) and completing weekly wellness challenges. Receive a travel itinerary each week with interesting facts & vital information to keep you on the road to wellness. Participants are able to participate on their own time! Simply exercise & record your miles. Improve your wellness even more by participating in “mini” weekly wellness challenges related to nutrition, stress relief, and more!

Registration Dates: September 8th-September 11th

Register by sending an email to spc-kdarbonne@mcneese.edu or stopping by the wellness office (Rec 212)

Program Runs September 14th-October 25th

Fall Exercise Classes Start August 24th!

Classes include: Yoga, Zumba, Body Sculpting, Kickboxing, Water Fitness & Fitness Express

(Check the schedule for a list of start dates.)

Classes held from 11am-1pm are free for employees; there is no charge for students.

Go to www.mcneese.edu/wellness to view the schedule.
Know your health numbers: Get a Wellness Screening at the Employee Benefits & Wellness Fair

Most health issues can be detected with routine screenings! Don’t miss your chance to get a wellness screening at the upcoming Benefits Fair on September 18th! New!—This year an A1C has been added as well as a TSH (thyroid test) for both men & women. Our partners in wellness, CHRISTUS St. Patrick Hospital, will offer a wellness screening to include blood pressure, total cholesterol, HDL, LDL, triglycerides, glucose & A1C, TSH (thyroid), PSA (for men), & a CBC (complete blood count). Those just wanting a blood pressure check can get that done at no charge.

The cost of the screening is $35 and is payable in exact cash or check at the time of the screening. At least a 4 hour fast is required for the screening. Black coffee and water will not affect the screening and participants should take their medication prior to the screening.

Take advantage of this opportunity and stop by the Benefits Fair to visit our wellness program table!

A yearly wellness screening will help you to stay on top of your health and may help you to avoid potential health problems.

Results counseling will be available to discuss the meaning of your lab results.

To register for the screening or for more information about the screening, contact Kelly Darbonne at 475-5277.

Time of screening:
11am-1pm

Diabetes Prevention Program Being Offered This Fall

Have you been told that you have pre-diabetes? Take steps now to prevent diabetes!

This program is for McNeese employees with an A1C reading of 5.7%-6.4%, a fasting glucose of 100-125, or those wanting more knowledge of how to prevent diabetes. Don’t know your A1C level or fasting glucose? Check your labs from the recent screenings on campus or get screened at the Employee Benefits Fair. This 4 week program will consist of 4 wellness seminars to teach you simple steps to prevent diabetes, weekly newsletters, and guidance to help you to develop a “game plan” to improve your diabetes numbers.

Registration: October 19th-October 23rd in the Wellness Office (Rec 212)
Program Runs October 27th-November 20th (4 weeks)
Congratulations to everyone that completed the Summer Wellness Challenge! During the 4 week challenge, participants earned points by exercising, eating a healthy breakfast, drinking water, eating fruits & vegetables, & practicing stress relief. Participants also received weekly newsletters & wellness tips.

A total of 26 people signed up for the challenge. All of those turning in their tracker at the end of the challenge received a wellness program water bottle. The top point earner won a McNeese bookstore gift card and a Fall Rec Exercise class pass. Those who earned 370 points or more went into a drawing for prizes.

Here are the winners:

**Top point earner:**
Randi Beltz — gift card to the McNeese bookstore, Fall Rec Class Pass & T-shirt. Randi earned 580 points.

**Drawing Winners:**
(These participants won a Fall Rec Class Pass & a T-shirt)

Angela Leonard — 466 points
Cassie Hermon — 393 points
Shelley Shaw — 403 points
Eljeana Quebedeaux — 488 points

Participants earned points for practicing stress relief. What were the top stress relievers?

- Meditation/prayer
- Playing with pets
- Exercise
- Hobbies
- Listening to music
- Sitting outside
- Reading
- Yoga
- Hot bath

According to the American Red Cross, almost 44% of Americans don’t know basic water safety skills.

Mrs. Pat Pickett is trying to change this statistic and once again offered her Learn to swim/Improve your swim skills class for McNeese’s female employees. Mrs. Pickett has offered this 2 week class for the past 3 years and has helped employees of all ages learn how to swim. It’s never too late! The first swim class was even featured on a KPLC Healthcast story about the importance of learning how to swim at any age.

Dr. Helen Ware participated in the class and shared the following—“Pat Pickett is an awesome instructor, as she has always been! She also did an excellent job teaching both my son and my daughter swimming lessons over the years.

I loved the class. I was very comfortable in the water but I had never taken "swimming lessons". I have learned so much! Pat told me to go back and tell Gregory (my son) that "I now know how to swim". We are all at different levels, however she makes it all seem so easy.

The first swim class was even featured on a KPLC Healthcast story about the importance of learning how to swim at any age.

I would recommend to anyone, even if you basically know how to swim, but just don’t quite have the strokes down to come to these lessons. Pat makes them so much fun.”

Lisa Sullivan also enjoyed the swim class. Lisa stated, “Mrs. Pickett is a wonderful teacher. You can tell she enjoys it and has been doing this for many years. I really liked her water safety tips at the beginning of class. She also taught us how to blow air out of our mouths and nose intermittently instead of all at one time.

I found this to be a big help. It has also been a great refresher course if you have been out of the water for a while.”

A big THANK YOU to Mrs. Pickett for continuing to offer this class to our employees! Join Mrs. Pickett for her water fitness class on Tuesday & Thursdays from 12:30-1:15pm starting September 8th at the Rec’s pool.
Healthy Breakfast Burrito

INGREDIENTS:

- 2 teaspoons canola oil
- 1/2 small red onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup (about 1 1/2-ounce) shredded pepper Jack cheese
- Cooking spray
- 4 (10-inch) whole-wheat tortillas (burrito-size)
- 1/4 cup reduced-fat sour cream
- 1/4 cup salsa
- 1 large tomato, (4 ounces) seeded and diced
- 1 small avocado (4 ounces), cubed
- Hot sauce

**Use whatever vegetables that you’d like or omit whatever you don’t like.**

DIRECTIONS:

Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.

Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Season, to taste, with hot sauce. Roll up burrito-style and serve.

Per Serving:
Calories 460; Total Fat 20 g; (Sat Fat 6 g, Mono Fat 4 g, Poly Fat 1 g) ; Protein 23 g; Carb 51 g; Fiber 12 g; Cholesterol 235 mg; Sodium 860 mg

Excellent source of: Protein, Fiber, Vitamin A, Vitamin C,

Source: www.foodnetwork.com/recipes/ellie-krieger

Yields: 4 servings
Serving Size: 1 Burrito

Nominate a co-worker for the Newsletter Wellness Spotlight!

Contact Kelly @ spc-kdarbonne or 475-5277 if you would like to recognize someone for their wellness efforts (healthy eating, commitment to exercise, weight loss, encouraging healthy habits....) We will share their story in our monthly newsletter.