Last Chance to Earn Your 2015-2016 Wellness Incentive

Don’t miss out on the 2015-2016 Wellness Incentives. **Earn Wellness Vouchers!** Benefit-eligible Ball State employees and spouses can earn a free wellness voucher through the *LiveWell Incentive plus a Fitbit Flex for half-price*. You only need 20 points! They are easy to get especially when you complete the online health assessment (It’s worth 14 points!!).

**To get an extra $50 in your December paycheck,** Ball state employees (and spouses) on Ball State’s health insurance plan can participate in the *BeWell Incentive.* For more details on these incentive programs, go to www-bsu.edu/workingwell.

Mission Nutrition

Are you looking for extra motivation to eat more fruits and vegetables? Join our “Mission Nutrition” challenge from **October 17th** through **November 14th**.

Your goal during the challenge is to eat at least two servings of fruit and two servings of vegetables at least four days a week and log your portions on the LifeWorks Wellness site. The challenge counts the number of days you eat and log at least the two servings each of fruit and vegetables.

Sign up starting **October 3rd** on the LifeWorks Wellness site. Then start logging your fruits and vegetables on **Monday, October 17th** when the challenge begins. (Sign-up ends **October 23rd**). To get started: Go to www-lifeworks.com and log in with your personal account.

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**LiveWell Incentive Voucher Choices**

- 2 Semester Pass at the SRWC or
- Unlimited Academic Fit Pass for classes at the SRWC or
- Adult Physical Fitness Program (joiner fee & 4 months membership) or
- $90 Voucher to
  - Emens/Pruis Hall Performances or
  - BSU Athletic Ticket Office or
  - Outdoor Pursuits activities or rentals

**2015-2016 Wellness Incentive DEADLINE is OCTOBER 31, 2016**

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**Ask-an-RD**

If you have a question about foods or nutrition -- we have the answer for you!

E-mail your questions to: askanrd@bsu.edu.

"Ask-an-RD" is a service of the Ball State University Nutrition Assessment Lab and Working Well. Responses to your questions are given by a registered dietitian ("RD").
On the Road with the Cardinals Kicks Off!

90 employee teams have joined the Working Well challenge to walk 5,366,000 steps (the distance to Ball State Cardinals away football games this season).

The challenge kicked off on September 2 and will continue through November 8. To date, participants have taken 130,776,146 steps and traveled 65,388 miles.

<table>
<thead>
<tr>
<th>Ball State’s Top 10 Riders in National Bike Challenge — May to September</th>
<th>Distance (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jason Ludwick</td>
<td>4494</td>
</tr>
<tr>
<td>Jay Hileman</td>
<td>2294</td>
</tr>
<tr>
<td>Mark Combs</td>
<td>1956</td>
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<td>Melissa Lucas</td>
<td>1612</td>
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<tr>
<td>Jason Tucker</td>
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<td>James Hammons</td>
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<td>Kevin Nolan</td>
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<td>Dan Human</td>
<td>972</td>
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<tr>
<td>Augusta Wray</td>
<td>587</td>
</tr>
<tr>
<td>James Jones</td>
<td>566</td>
</tr>
</tbody>
</table>

National Bike Challenge

Ball State Working Well

19,392 miles were biked by Ball State employees participating in the National Bike Challenge since May. The Challenge ended September 30.

Hoosier Hank 2016 Final Standings

Hoosier Hank started this year in July with Ball State participants tracking their steps in Lifeworks or by paper tracker for eight weeks leading up to the Walk Indiana event.

Our Ball State team walked 70,319,589 steps during the Hoosier Hank Challenge! That’s 35,160 miles.

Do you have a Fitbit?

Join our Community Activity Group on Fitbit. Search Ball State University Working Well.
Eat Right @ BSU | Tips for Making Healthy Choices on Campus

Amanda Kruse RD, CD, Dining’s wellness nutritionist

At any given moment, Ball State Dining features at least 30 different vegetables across our 11 Dining locations; however, including them daily can still be challenging for many especially when learning that its recommended that adults consume 2½-3 cups each day.

If this seems like a lofty goal, set small progress goals, such as eating 1 cup of vegetables a day for one week, then re-evaluate. Wherever you start, know that eating more vegetables and fruits as part of an overall healthy diet can help you to reduce the risk of some chronic diseases. Vegetables provide nutrients like Vitamins A & C, folate, and fiber which are vital for health and maintenance of your body.

Add variety to your veggies at BSU by:
- Topping your Noyer Deli sandwich with marinated mushrooms
- Pairing a Grilled Chick-fil-A sandwich with broccoli from McKinley Grille or Spiced Veggies from Vivimos at The Atrium
- Filling your stir-fry with bok choy, cabbage, broccoli, bamboo, or snap peas at El Fire Dragon in Woodworth
- Making a side salad of shredded red cabbage, kale, and peas (with olive oil drizzle) from The Tally Salad Bar
- Building your own flatbread veggie panini at Elliott’s using tri-color peppers, carrots, cucumber, spinach, and cheese

Healthy options at a 10% discount!
Purchase an employee meal plan online today

Elliott Dining | Join us Wednesday, October 26 to explore this newly-renovated location and gather tips for healthful navigation.

For menu and event info, as well as contests and nutrition tips be sure to follow us! Dining hours, menus, and nutrition information are available at www.bsu.edu/dining
What’s Happening This Month?

**Struggling with Stress**
*Date:* Thursday, October 13 @ 11:00—11:30 am  
*Where:* Fisher Institute, HP 303  
*What:* Discover why we stress, techniques to alleviate stress, and practice how to live a less stressful life. Contact Working Well to register.

**Homecoming Department Decorating Contest**
*Date:* Friday, October 14 @ Noon—4pm  
*Where:* Your Office  
*What:* Departments are encouraged to show their Homecoming spirit by decorating their offices during Homecoming Week! Contest entry form is available online at www.bsu.edu/homecoming. Deadline to enter is Friday, Oct 7.

**BSU Walk and Talk**
*Date:* Thursday, October 20 @ 11:15am  
*Where:* Meet in front of the Rec Center  
*What:* Bring a co-worker and meet up with Working Well staff for a short casual walk around campus. No registration needed.

**Homecoming Bed Race Event**
*Date:* Friday, October 21 @ noon  
*Where:* Riverside Avenue  
*What:* Come out to be a part of a Homecoming tradition! Deadline to enter the race is Thursday, Oct 6. Race entry form is available online at www.bsu.edu/homecoming.

**Health Check at The Retreat**
*Date:* Wednesday, Oct 26 @ 11:30am—1pm  
*Where:* The Retreat Dining Area  
*What:* Free Blood Pressure and Body Composition Screenings, Nutrition Information and one of Chef White’s delicious food samples. No registration needed.

**Vital Vitamins and Minerals**
*Date:* Thursday, October 27 @ 12:30pm—1 pm  
*Where:* Bracken Library Ed Resource Rm 1  
*What:* Do you wonder if the food you eat has all the vitamins and minerals you need? This lunch and learn will discuss which vitamins and minerals are most likely to be lacking in our diets. Learn what foods are nutrient powerhouses and whether or not a multivitamin supplement is helpful. Contact Working Well (285-9355) to register.