at Ball State University

Walking Club

Come join Working Well in our FREE Walking Club. We want to bring together friends, co-workers and anyone who is ready to ditch the solo stride. A walking club keeps you motivated and helps celebrate an active life. Think of it as your on-the-move support group for better health.

There are three different times and locations to choose from to help you with your busy schedules.

Front Steps of Cooper Science - Tuesdays & Thursdays at Noon (starting July 23, 2012)

Frog Baby - Wednesdays at Noon (starting July 18, 2012)

Front of LaFollette - Mondays at 12:30 (starting July 16, 2012)



Please contact Working Well at 765-285-9355 or workingwell@bsu.edu to register. Upon registration, we will send you a free pedometer and tracking log. Too hot or wet outside....Check out our <u>indoor</u> and <u>outdoor</u> walking maps.

Have Fun in the Sun

July is one of the hottest and sunniest months, a time when millions of us seek maximum enjoyment at beaches, barbeques, and baseball games while wearing minimal clothing. Unfortunately, all this fun in the sun can cause damage to your skin and eyes.

It is important to remember that skin and eye protection is essential year-round, not just during the warm weather and sunny seasons. Even during the hazy and cloudy days of fall and winter. The most hazardous hours for UV exposure are 10 a.m. - 4 p.m.

To protect your skin you need to:

- Apply water-resistant sunscreen with a SPF of at least 30 to all exposed skin before going outdoors.
- Seek a shady spot whenever your shadow appears to be shorter than you are.
- Avoid tanning beds.

You can protect your eyes from the sun's rays with sunglasses and a wide-brimmed hat. When buying sunglasses, make sure they block 99 to 100% of the sun's UV-A and UV-B rays. Darker colors and higher costs don't make sunglasses any more protective. If you spend time on the water or the snow, you'll get maximum eye protection from UV-blocking goggles or sunglasses that wrap around your temples and prevent the sun's rays from entering through the sides.

Have Fun



but be Safe!



Recognition

This competition was very successful in encouraging our employees to make healthier choices and increasing fruit and vegetable consumption. At the conclusion of the 4 week program, it has been determined that the participants consumed 9,919.5 servings of vegetables and 8,090.5 servings of fruit, for a total of 18,010 servings of produce. That's the equivalent of nearly 4,000 heads of lettuce and 2,700 pounds of apples!

Top Teams

- 1st. Lean Green Veggie Machines, Team Leader Steve Fulton, with a total of 406.92 points
- 2nd. Biology Bunch, Team Leader Marilyn Waldo, with a total of 365.95 points
- 3rd. Banana Fana Fofana, Team Leader Ginger Veach, with a total of 313.05 points

Top Individuals

- 1st. Laura Waldron Lean Green Veggie Machines with 665 points with a 1 week high of 221.5 points 2nd. Lory King Mismatched Mangos with 665 points with a 1 week high of 188 points
- 3rd. Claire Chatot Biology Bunch with 636.5 points



Congrats to all employees who participated! Keep up the great habits you have developed!

FREE Nutrition Counseling & ASK-AN-RD

The Nutrition Assessment Laboratory helps members of the Ball State community assess their nutrition-related health habits and behaviors and to assist them in making healthier food choices. Through well trained staff along with state of the art equipment, we are able to offer comprehensive nutrition assessment and counseling in a safe and comfortable environment.

Call **765-285-4846** to make an appointment today!

If you have questions about foods-we have the answer for you! "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") or RD-eligible master's degree candidates and reviewed by Carol Friesen, PhD in Dietetics from the Department of Family and Consumer Sciences.

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

Contact Us

Working Well Program

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Health Coaching

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Nutrition Counseling 765-285-4846 • askanrd@bsu.edu