



F.Y.I.

Special Wellness Issue

For Your Information @ Miami University Middletown • August 21, 2009

Faculty, staff offered many wellness activities this semester

Interested in improving your level of fitness? How about losing weight, lowering stress or exploring new ways to work out?

If you are interested in any or all of the above and you are a benefit-eligible employee, then you are in luck.

Starting next week, a variety of free or reduced-cost programs are being offered. Read on for more details.

Fall group fitness classes to run August 24–December 18:

Employee Health & Well-Being will be offering **Zumba** on Wednesdays from 5:15 – 6:15 pm in Room 2, Bennett Rec. Center. Zumba is a high-energy Latin dance class. This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The cost is free with no registration required. Feel free to join whenever you can. Class will not meet on Wednesday, August 26.

Yoga will be offered from 12 - 1 pm on Wednesdays ONLY in Room 2, Bennett Rec. Center. This relaxing yoga class focuses on passive stretching, postures, breathing, and increased awareness of the body. No prior yoga experience needed. Suitable for all fitness levels; mats will be provided

but feel free to bring your own. The cost is free with no registration required.

Beginning Tennis will be offered on Fridays in September (weather permitting) from 12 -1 pm at the MUM tennis courts. Have you ever wanted to learn how to play? Do you want to improve your back hand? Coach Cheryl Miller and Marty Lavelle will be on hand to give us the basics of tennis. We need a few rackets to use.

Free Blood Pressure Screenings will be offered by MUM's Student Nurses every Monday, Tuesday and Wednesday from 9 am – 2 pm starting August 31. Those interested can stop by the Nursing Resources Center RM 101, Thesken Hall.

Wellness Book Discussion on *In Defense of Food* by Michael Pollan will meet on Thursday, September 24 from 12 -1 pm in the Gardner-Harvey Library, Main Level in the big blue chairs. "Pollan mounts an assault on a reigning theory of the relationship between food and health. For Pollan, 'nutritionism' offers too narrow a view of the role of eating, confining its benefits solely to food's chemical constituents. This has resulted in an unnatural anxi-

ety about the things we humans eat. To counteract this, Pollan appeals to tradition and common sense. The "Western diet," with its focus on meat as the principal food, produces cardiovascular problems, and nutritionists' attempts to correct this with a high-carbohydrate and sugar regimen has served only to spawn a generation of obese diabetics. Although Pollan doesn't advocate eliminating meat or any other whole food, he wants to place vegetables and fruits in the center of things, reassigning meat to the status of a side dish." Knoblauch, Mark. Booklist, 1/1/2008, Vol. 104 Issue 9/10, p30, 1p

The American Heart Association Annual HeartWalk will be held on Saturday, September 19 and Miami Middletown has a team ready to go! Sign in starts at 9 am at the YMCA - 5750 Innovation Drive. The Heart Walk begins at 10 am on the Campus of Atrium Medical Center. YOU are invited to join the team as well! We would like to have as many walkers as possible! Contact Nita Hatton at hattonws@muohio.edu or Coach Bob Nocton at noctonre@muohio.edu for more details!

More on page 2...

Wellness Quick List

Weight/Fitness Room, Bennett Rec. Center, open 10 am – 7 pm
Monday – Thursday, 10 am – 3 pm
on Friday.

Weight Watchers Information Session, Thursday, Sept. 17, 10:30 – 11:15 am, Room 100, Thesken Hall, \$156, sign up by contacting Ashlie Puckett (73487, pucketak@muohio.edu)

Blood Drive, Thursday, Sept. 10, 8:30 am – 12:30 pm, Balcony Lounge, Johnston Hall.

In Defense of Food by Michael Pollan, Book Discussion, Thursday, Sept. 24, 12 pm, Gardner-Harvey Library, Blue Chairs.

2009 Benefits Fair, Wednesday, Sept. 30, 2- 4 pm, Room 142, Campus Community Center.

Seasonal Flu Shots, Thursday, Oct. 29, 11 am – 3 pm, Room 136/137, Johnston Hall.

The Secret to a Long and Healthy Life with Nancy Zwick, Tuesday, Nov. 3, 12 pm, Room 136, Johnston Hall.

Wii Get Fit Party with Andrea Han, Tuesday, Nov. 17, 12 pm, RM 136/137, Johnston Hall.

Stayed tuned. More wellness programs are being planned.

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Ruth Orth edited this special issue.

Miami University:

*Equal opportunity in
education and employment.*

Bull's Run Arboretum Guided Tour with former MUM Instructor Chris Parker. This hike will take place on a Friday in late-September or early-October from 12 - 1 pm. These are short but hilly trails, please wear proper shoes. Meet in Johnston Lobby to car pool by noon, we will leave at 12:05 pm. Official date coming soon.

2009 Benefits Fair will be held on Wednesday, September 30 from 2 – 4 pm in RM 142, Campus Community Center. Learn about new and existing benefits, speak with human resources representatives, meet various benefit providers and university department members, enter door prize drawings, collect giveaways and provide feedback.

Stay healthy this winter by getting a **Seasonal Flu Shot!** Shots will be given on the Middletown Campus, Thursday, October 29 from 11 am – 3 pm, RM 136/137, Johnston Hall. Cost is \$5 for MU employees, \$15 for MU Students and \$10 for family members covered by MU's Insurance plan. An MU I.D. is required for employees and students. An insurance card is required for family members. No appointment is necessary.

A Wellness Brown Bag will meet on Tuesday, November 3 to discuss **"The Secret to a Long and Healthy Life"** with Instructor Nancy Zwick from 12 -1 pm in RM 136, Johnston Hall. Learn healthy eating tips that will give you more energy and be good for your overall health.

Weight Watchers will be holding an Information Session on Thursday, Sept. 17 at 10:30 am in Room 110, Thesken Hall. A new 12 week session will start on Sept. 24. The cost for the 12 week session will be \$156. If you would like more information please contact Ashlie Puckett at 7-3487 or pucketak@muohio.edu. All faculty, staff, students and family members are welcome to join. We need fifteen people for Weight Watchers to be a go. If you can't attend every meeting that is OK. You may take your prepaid book and attend a community meeting instead.

Wii Get Fit Party with Andrea Han will meet on Tuesday, November 17 from 12 – 1pm in RM 136/137, Johnston Hall. Learn how you can get fit while playing video games. We will look at a variety of Wii games that can be used for weight loss, cardiovascular fitness and fun!

Save The Date: The **Jewish Hospital Mobile Mammography Van** will be at MUM on Thursday, January 28, 2010 from 8 -11 am. The van will be located on the East Entrance (Bookstore) Sidewalk. Eligible Miami University women employees, spouses, and same-sex domestic partners covered under Miami's insurance plan may receive this preventive screening at no cost if they have not received a screening since January 2009. Contact Humana if you have questions about eligibility. You may call to schedule an appointment at 513-686-3300. Your information will be taken over the phone. The exam will only take about 10-15 minutes.

Information will be available soon for **CPR/AED training** for MUM Faculty and Staff.

These programs are a collaboration between the Miami Middletown Wellness Committee and Oxford's Employee Health & Well-Being Initiative.