



Northern Michigan University Wildcat Wellness Connection

VOLUME V ISSUE II

OCTOBER 2017

The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.

Questions and Comments

**Please feel free to
contact the Employee
Wellness Graduate
Assistant, Rhian
Dalgord.
wellness@nmu.edu**

INSIDE THIS ISSUE:

Preparing for your Fall Run	1
Opportunities at the PEIF and GETSTARTED	2
Pumpkin Health Benefits	3
Upcoming Events	4

Fall Exercise Routines

As the weather begins to change and the days become shorter, it can seem difficult to maintain your level of physical activity that you had during the summer months. From darker mornings to blustery conditions, excuses to bypass your workout routine can become endless. NMU offers numerous opportunities to maintain your physical fitness. This includes memberships to the PEIF and involvement in the GetStarted program. Additionally, making minor alterations to your usual fitness routine, such as adding more layers to your morning run wardrobe, can be a simple change to maintain your routine. And let's not forget about the yummy foods that the fall season brings that can supplement a healthy and well-rounded diet.

Preparing for your Fall Run

Proper clothing is key to enjoying the beauty of the Upper Peninsula while on a cool and crisp fall run. Key components for enjoying your fall run include:

- **Shoes:** Select shoes with the least amount of mesh as possible. This allows cool winds and wetness to stay outside of your shoe, helping keep your feet warm and dry.
- **Socks:** Select socks that wick away moisture. Socks made with wool do a great job at keeping feet warm and wicking away moisture.
- **Tops & Bottoms:** A general rule of thumb is to dress 20 degrees warmer than the current temperature. You should be slightly cool as your step outside. Think about layering technical fabrics that can wick away sweat and can be removed if necessary. Select items that have zips at the neck and underarm areas.
- **Safety Gear:** Make sure you can be seen! Wearing reflective gear and a headlamp helps ensure that others see you, as the days get shorter.

Opportunities at the PEIF

The PEIF is a great opportunity to move your fitness from outside to inside. Attractive rates for employees and their families along with convenient hours provide numerous opportunities for physical activity. Options to rent lockers and towels are also available at an additional fee. Interested in adding the PEIF into your fitness routine? Email recsport@nmu.edu with questions or to set up a tour of the facility.

Recreation Membership Fees

NMU Faculty and Staff	Full Year (Sept 1 –Aug 31)	Mid-Year (Jan 1- Aug 31)
Full Time Employee	Taxable Benefit	Taxable Benefit
Designee (spouse or friend)	\$170	\$112
Child (Over 5)	\$105	\$79
Family	\$252	\$199

GETSTARTED Program Fall 2017

GETSTARTED is a scientifically-based physical fitness program designed to promote active lifestyles. Each participant will have a fitness recommendation based on medical history, HR and BP responses to exercise, body composition and individual goals. Participants then implement these recommendations in a professionally-supervised activity program in the Exercise Science Lab (PEIF, Suite 146).

Program Staff:

Barb Coleman, M.S. along with graduate assistants and interns in the Exercise Science and Health and Fitness Management programs.

Program Schedule:

Monday October 23- Thursday December 7
(No classes November 20-23, Thanksgiving Recess)

Initial fitness assessments are completed prior to entry into the program.

Choose ONE of the options below:

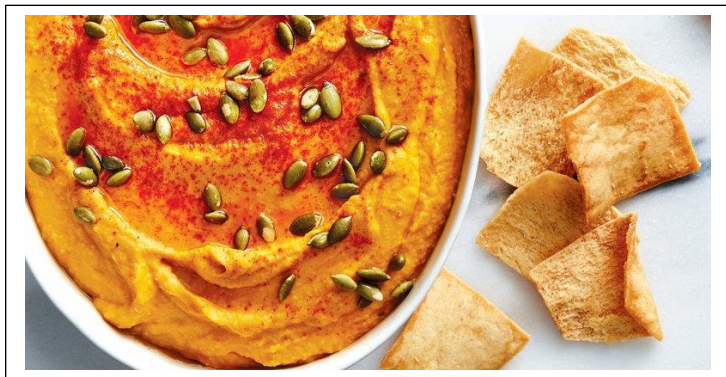
Session 1: Monday, Tuesday, Thursday, 630-730am or
Session 2: Monday, Tuesday, Thursday, 900-1000am or
Session 3: Monday, Wednesday, Thursday 500-600pm

Program Fees:

\$90: New GETSTARTED NMU Faculty/ Staff Participants
\$50: Returning GETSTARTED Participants

Contact Information:

Call 227-2130 or email Lorraine Hillock for a registration packet.



Ingredients

- 3 cloves garlic, minced (about 1 Tbsp.)
- 1/4 cup extra-virgin olive oil
- 15-oz. can chickpeas, drained and rinsed
- 1cup canned pumpkin
- 1/4 cup fresh lemon juice (from 1 large lemon)
- 2 tablespoons tahini
- 1teaspoon ground cumin
- 1teaspoon harissa
- 1/4 teaspoon raw honey
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon toasted pepitas
- Pinch of paprika (optional)

How to Make It

Step 1: Place garlic and 1 tablespoon oil in a skillet over low heat. Cook until garlic begins to sizzle, about 30 seconds; transfer to a food processor.

Step 2: Add chickpeas, pumpkin, lemon juice, tahini, cumin, harissa, honey, and 2 tablespoons oil to food processor. Process until smooth, about 10 seconds, stopping to scrape down sides and bottom of bowl as needed. Sprinkle with salt and pepper. (Add additional harissa for more heat, if desired.)

Step 3: Transfer to a bowl; cover and refrigerate for 1 hour to allow flavors to develop. To serve, drizzle with remaining 1 tablespoon oil; sprinkle with pepitas and paprika, if desired.

Health Benefits of Pumpkin

Pumpkin is a staple of the fall season and has numerous health benefits. This nutrient dense food can be incorporated into soup, deserts and smoothies. The bright orange color of pumpkin comes from the antioxidant of beta-carotene that is converted into vitamin A. Pumpkin is also a great source of dietary fiber. The daily-recommended fiber intake is 25-30g with the average American only consuming 15g of fiber each day. Cooked, fresh pumpkin contains 3g of fiber and canned pumpkin can contain up to 7g of fiber.



Pumpkin Nutritional Facts

1 cup of cooked pumpkin without salt contains:

- 49 Calories
- 1.76 grams of Protein
- 2.7 grams of Fiber
- 0.17g of Fat
- 0g of Cholesterol
- 12.01g of Carbohydrate

Upcoming Events

- **BASIC LIFE SUPPORT (BLS) Certification Course:**
Saturday, October 28, 2017, 9:00 a.m.- 1:00 p.m., PEIF Room 242

To register for BLS course go to:

[https://www.regonline.com/Basic Life Support \(BLS\)Courses: Fall 2017](https://www.regonline.com/Basic Life Support (BLS)Courses: Fall 2017)

REGISTRATION FEE:

-NMU faculty and staff - \$60.00

If you have any questions, please feel free to call [\(906\) 227-2130](tel:9062272130).

- Be sure to check out <http://www.marquette365.com/> for upcoming local events

Stay up to date with future programs by liking our Facebook page: or by going onto our website:

<https://www.facebook.com/NMU-Employee-Wellness-109968062427048/timeline/>

References

Health. (2017). Retrieved October 19, 2017.

Medical News Today. (2017). Retrieved October 15, 2017.

Northern Michigan University (2017). Retrieved October 15, 2017.

Runners World. (2017). Retrieved October 15, 2017.

NORTHERN MICHIGAN UNIVERISTY

WELLNESS COMMITTEE

1401 Presque Isle Avenue

2816 West Science

Marquette, MI 49855

Email: wellness@nmu.edu

CHECK OUT:
www.nmu.edu/wellness