Team up with one co-worker to compete for prizes in the Campus Challenge Walk. ALL EMPLOYEES are eligible to compete.

Thursday October 10th (if it rains, we'll walk on the 11th, same time). Any time between 11:00 and 1:00. No sign up.

Just pick a starting location near you:
- Granger Building Lobby
- Student Rec Center Lobby
- IRC Connector

Get your score card and hint from the volunteer. The hint will lead you to the next station, where you will check in and get a new hint. There are a total of six stations placed around campus.

Prizes will be awarded to the fastest teams!

Participants in the Wellness Program can report this as a healthy activity.

If you can't walk, we still need volunteers to man stations. All you have to do is sign people in and hand out water. Email Lindsey Gingrich to volunteer.

**HEALTHY EATING**

**Pumpkin Pie Shake**

**Ingredients**

- 2 cups vanilla reduced-fat ice cream, softened
- 1 cup fat-free milk
- 2/3 cup canned pumpkin
- 1/4 cup packed brown sugar
- 3/4 teaspoon pumpkin-pie spice
- 3 tablespoons frozen fat-free whipped topping, thawed

**Pumpkin-pie spice (optional)**

**Preparation**

Combine first 5 ingredients in a blender; process until smooth.

Pour 3/4 cup ice cream mixture into each of 4 glasses.

Top each with about 2 teaspoons whipped topping;

*** Super Submissions***

Looking for healthy submissions that you would like to share with others on campus. If you like a recipe, article or heard a health or wellness joke or cartoon and would like to be in the next Wellness Newsletter, please email it to me and I will make sure it is published in a future newsletter.

Please email it to Charlotte Bongard
There was a King who had 1 Eye and 1 leg....
He asked all the painters to draw a beautiful portrait of him.
But none of them could -- how could they paint him beautifully
with the defects in one eye and one leg.
Eventually one of them agreed and drew a classic picture of the King.
It was a fantastic picture and surprised everyone..
He painted the King AIMING for a HUNT. Targeting with ONE
Eye Closed and One Leg Bent ...

MORAL : Why can’t we all paint pictures like this for others. Hiding
their weaknesses and highlighting their strengths?

Exercise Your Brain

A puzzle in which players insert the numbers one to
nine into a grid consisting of nine squares subdivided
into a further nine smaller squares in such a way that
every number appears once in each horizontal line,
vertical line, and square.

Don’t forget to take advantage of
the Wellness Team membership
rates at Student Rec Center and
the Ferris Racquet Facility !!!
Guidelines to receive the insurance Incentive

*Complete annual Health Assessment by June 7, 2013.
*Complete annual Biometric Screening by the end of May 2013.
*New Hires have 30 days after date of hire to complete Assessment & Screening.
*Must complete (and Log) 39 Activities on the Asset Health Website EACH QUARTER.
*Participants who qualify for Lifestyle Management coaching, must complete 3 out of 4 quarterly phone calls.
*Participants who do not qualify for Lifestyle Coaching must complete an online course 3 out of 4 quarters in the program year.

THINGS TO KEEP IN MIND

***Activity Tracker***

To stay active in participating in the Wellness Program, you must complete 39 Healthy Activities and log them into your activity tracker on the Asset Health website. Even if you do your activities, but do not track them on the Asset Health website. If you have questions with your Activity Tracker, send your questions directly to Asset Health. Email them at support@assethealth.com or call them (248) 822-7286.

Dates listed below for each Quarter

January 1 – March 31
April 1 – June 30
July 1 – September 30
October 1 – December 31

Participants who complete all required activities throughout the annual program will be entered into an end of year drawing!!! So remember to stay active and completed all of your requirements.

http://www.ferris.edu/wellness/