Thank you to all who came out for the Campus Challenge Walk last week! If you did walk, don’t forget to put your walking down on your Asset Health Activity Tracker!

Congratulations to the winners:
1st place - Linda Golden & Tasia Jefts
2nd place - Barb Hampel & Yvonne Olson
3rd place - Brittany Vierck and Doug Vandecar

Thank you to all of the volunteers who helped to make this a great event!!

Look for upcoming information about our next Wellness Activity, The Second Annual Healthy Holiday Food Tasting

It will be held on Thursday November 21, 2013

Times and details will be coming out shortly. Last year this was a big success, don’t forget to save the date. This event is for employees only.

**HEALTHY EATING**

**Boot Tracks**

**Ingredients**
- 1/2 cup salted butter
- 2/3 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup whole-wheat pastry flour
- 6 tablespoons cocoa powder
- 2 tablespoons canola oil
- 1/2 teaspoon espresso powder, (optional)
- Confectioners' sugar, for dusting

**Preparation**
Preheat a nonstick waffle iron. Cream butter and sugar in a medium bowl. Beat in eggs and vanilla. Add flour, cocoa powder, oil and espresso powder (if using). Beat until thoroughly combined. Drop the batter by rounded teaspoonfuls about 1 inch apart onto the preheated ungreased waffle Close and cook until the cookies are puffed and cooked through, 1 to 1 1/2 minutes. Waffle irons vary, so watch closely and don’t let the cookies get too dark. Dust the cookies with confectioners’ sugar while still slightly warm.

**Nutrition**
- Per cookie: 63 calories; 4 g fat (2 g sat, 1 g mono); 18 mg cholesterol; 7 g carbohydrates; 1 g protein; 1 g fiber; 22 mg sodium;

**Super Submissions**

I don’t mean to brag, or make anyone jealous, but I can still fit into the earrings that I wore in high school!!!

Thank you Marilyn Bejma for this Super Submission!!
**Exercise Your Brain**

**Commonyms**

**What’s a commonym you ask?** A commonym is group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant.. they all have trunks.

1. The Navy - A Deli - An Absent Teacher
2. A Person - A Watch - A Mountain
3. A Bowling Alley - A Roof - A Street
4. High - Uneven - Parallel
5. Goose - Theresa - Hubbard
6. Mare - Mustang - Bronco
7. Killer Whales - Referees - Old T.V’s
8. Music - Mail - Safe Deposit
9. Rail - Chain - Picket
10. Palm - Easter - Hot Fudge

**Answers from last puzzles**

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5 6 8 9 3 2 1 7 4
7 9 4 1 6 8 2 5 3
1 3 2 7 4 5 6 8 9
6 4 7 8 5 9 3 2 1
3 1 3 2 7 6 9 4 5
9 2 5 3 1 4 7 6 8
2 7 1 4 8 3 5 9 6
4 5 9 6 2 1 8 3 7
3 8 6 5 9 7 4 1 2
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5 1 7 6 3 8 2 9 4
6 9 4 7 2 5 3 8 1
2 8 3 4 9 1 7 5 6
3 7 8 2 4 9 6 1 5
4 2 1 5 6 7 8 3 9
9 5 6 8 1 3 4 7 2
7 4 9 1 8 2 5 6 3
1 6 5 3 7 4 9 2 8
8 3 2 9 5 6 1 4 7
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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, you will not be entered into the end of year drawing.

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.

October is Breast Cancer Awareness Month

Go to the Ferris Home Page Quicklinks and find Wellness. You’ll find very helpful information including Asset Health information.

Did you ever pick up your Healthy U T-shirt for completing your first quarter in the Wellness Program? Stop by Human Resources to pick up your free T-shirt!

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