Back by popular demand:

Our Second annual Winter Holiday Event,

Healthy Holiday Food Tasting

Thursday November 21, 2013

@ Wheeler Pavilion  From 11am - 1pm

This year we will be able to sample healthy Hor d’Oeuvres and tasty treats from our new Chef Don Waldenmayer !!!!

This event is open to employees only, you can come in and sample foods and visit with others.

Because we are purchasing food and need to know how many will be attending please use the link below to RSVP and let us know that you will be attending.

http://www.ferris.edu/HTMLS/staff/wellness/events/food-tasting.htm

Last year this was a big success, we hope to see you all again at this fun event !!

DID U KNOW???

Friday            November 5, 2013

HEALTHY EATING

BROCCOLI-CHEESE SOUP

2 bags (16-oz.) frozen California Blend Veggies *
6 cups (48 oz.) fat-free chicken or vegetable broth
10 oz. box of chopped broccoli
10 oz. cubed Velveeta Light Cheese

Cook veggies in stock until they are very well done. If you have an immersion blender, blend veggies right in the broth until completely blended. Otherwise, remove veggies and blend in blender and return to the broth. Add chopped broccoli - cook until tender.

Add 10 oz. cubed Velveeta Light Cheese - heat on low heat until cheese is completely melted. Season with 1/8 tsp. cayenne pepper and/or seasoned salt, if desired.

* Broccoli, cauliflower & carrots
2 PPV. per cup (Makes approx. 10 cups)

Shared from Merri Vanwyck's collection of healthy Weight Watcher's recipes.
Exercise Your Brain

A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

Think IT Think

WALK H2O

VAD ERS

Mind ur Mind

KEEP ur Mind smiling

IT + IT ?

Answers from last puzzles

1. They all have subs
2. They have faces
3. They have gutters
4. Bars in gymnastics
5. Mothers
6. Horses
7. They’re black and white
8. Boxes
9. Fences
10. All Sundays/Sundaes

Things that make you say "hmmm!?!"

The little wave

The story is about a little wave, bobbing along in the ocean, having a grand old time. He’s enjoying the wind and the fresh air - until he notices the other waves in front of him, crashing against the shore. "My God, this is terrible", the wave says. "Look what’s going to happen to me!"

Then along comes another wave. It sees the first wave, looking grim, and it says to him: "Why do you look so sad?" The first wave says: "You don’t understand! We’re all going to crash! All of us waves are going to be nothing! Isn’t it terrible?"

The second wave says: "No, you don’t understand. You’re not a wave, you’re part of the ocean."

Source: "Tuesdays With Morrie" by Mitch Albom
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.

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.

**THINGS TO KEEP IN MIND**

***Activity Tracker***

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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 Management coaching must complete an online course 3 out of 4 quarters in the program year.*

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**Dates listed below for each Quarter**

January 1—March 31

April 1—June 30

July 1—September 30

October 1—December 31

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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!

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