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EXPLORING OUR OUTDOOR ENVIRONMENTS

SPOTLIGHT ON SUCCESS: WORKING OUT AT CRWC

MEET THE $500 WINNERS

The University of Iowa
UI Wellness
A UNIT OF UI HUMAN RESOURCES
Over the last 50 years, the percentage of jobs requiring moderate physical activity has fallen from 50% in 1960 to 20% today. That means 80% of us have jobs that are mostly sedentary and don’t allow for a lot of movement throughout the day. This decline in physical activity translates into Americans burning between 120-140 calories less each day or 12 – 15 additional pounds gained each year.

Hitting the gym or having a consistent fitness regimen is one way to combat reduction in physical activity, but guess what the primary barrier to exercise is? It’s not motivation, money, or laziness. It’s TIME! We have so many competing demands on it.

Since our lifestyles often don’t support or promote activity, we do need to seek out ways to build it in.

In this edition of the liveWELL newsletter, we’re going to highlight ways that our environment – where we live, work and play- can help us move naturally.

Yours in good health.

Megan Hammes
Manager, UI Wellness/Human Resources

PS: “Moving Naturally” is the first of the Blue Zones “Power 9” principles. The Eastern Iowa communities of Marion, Cedar Rapids, Iowa City, Muscatine, Fairfield and Oskaloosa are all Blue Zones demonstration sites. You will become familiar with the Power 9 Principles® as these communities transform into environments that nudge people towards healthier behaviors via environmental, social, and policy changes.
At The University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.
Now that it’s summer, many people want to get involved in outdoor activities. University of Iowa Recreational Services offers educational experiences while also supporting health and wellness. Facilities like Macbride Nature Recreation Area (MNRA) and the Outdoor Rental Center (ORC) offer outdoor activities that appeal to a broad audience, from young to old, beginners to more experienced outdoor enthusiasts, there is something for everyone.
Macbride Nature Recreation Area sits on 485-acres and offers various hiking and cross country skiing trails that total ten kilometers. According to Rob DuBay, the Associate Director of the MNRA, “All of the trails are easily walkable. The Field Campus trail which has an access point at the boat dock is the most hilly, but still an enjoyable hike.” Bikes, however, are not allowed on these trails. Canoeing and camping are also available at MNRA which includes a boat launch dock that allows access to Lake Macbride. The public can rent canoes and kayaks from the Outdoor Rental Center and use them at the lake. As for camping, there are two different types of campsites that can be rented. The Fox sites are for individuals and can accommodate 1-2 tents and cost $10 per night. The Wolf sites are for groups and can accommodate 3-5 tents and cost $20 per night. All sites are designated primitive sites and do not have electricity, but all have a picnic table and a fire ring. Advanced reservations can be made at the Field House Membership Desk.
One of the most notable programs within the MNRA is the Macbride Raptor Project (MRP). The goal of the MRP is to help rehabilitate and preserve the raptors, or birds of prey, in their natural environment. The program helps to rehabilitate and nurture sick or injured raptors. This program also provides learning opportunities for the public. The MRP has a number of different raptors such as hawks, falcons, a turkey vulture, owls, a bald eagle, and a golden eagle. These birds can be viewed up until an hour before the park closes. The MRP is a nonprofit organization and donations are accepted to help provide food, medical supplies, and upkeep for these birds of prey, and the work of the MRP. There is also an adoption program to support a specific bird. In turn, an educational presentation with the bird can be requested for the adopting individual or group. Along with the birds, there are other attractions. A butterfly garden showcases their interactions with flowers and foliage, and a wildlife viewing area where you can sit quietly and observe feeding animals is another popular spot.

The MNRA is located between North Liberty and Solon at 2095 Mehaffey Bridge Road. For MRP tours or more information, contact (319) 398-5495. If you wish to visit the MNRA, it is free and open to the public during the summer hours which are April 1 to October 31 from 6:00 a.m. to 9:00 p.m. For more information about programs mentioned in this article, visit the MNRA website: recserv.uiowa.edu/Apps/Facilities/MacbrideNatureRecreationArea.

Article drafted by Madde Brown, liveWELL program student employee. Madde is a Senior majoring in Anthropology.
Outdoor Rental Center

Need ideas for summer activities or need to rent equipment? Look no further than the Outdoor Rental Center (ORC). The Outdoor Rental Center is part of the Touch the Earth program, and rents equipment for camping, biking, and kayaking. Additionally, “custom adventures” are offered through the center. Dave Patton, the Assistant Director at the Outdoor Rental Center plans and creates these custom adventures, tailoring them to a specific group's wants or needs. Anyone can participate whether it is students, staff, faculty, or members of the public. The adventures offer team building, fitness, fun, and a cognitive aspect. Pricing for custom adventures can vary depending on the types of equipment, transportation, activities, etc. There are some annual trips offered such as kayaking in the Everglades. This kind of trip can be expected to be around $600.00, which includes transportation, food, permits/fees, instruction, etc. The ORC is located on the East end of the Hawkeye Tennis & Recreation Complex, at 2820 Prairie Meadow Drive.

To contact the Outdoor Rental Center for more information call: (319) 384-1225. To visit, the summer hours are Monday, Wednesday, Thursday, Friday, and Sunday from 4:00 p.m. to 7:00 p.m. and Saturday 8:00 a.m. to 12:00 p.m. If you would like to know more about the Outdoor Rental Center, types of equipment you can rent, custom/annual adventures, or more about the climbing wall, you can visit recserv.uiowa.edu/Apps/Programs/TouchTheEarth or contact Dave Patton at david-patton@uiowa.edu.

Rainy Day Activity

For a good rainy day activity, the climbing wall is available at the Campus Recreation and Wellness Center. No training is necessary for a “try climb,” but to use the wall, a skills check or a lesson needs to be passed. The summer hours are 6-10 p.m. daily.
Spotlight on Success: Wanita Howard
UI Staff Member prioritizes exercise, cites a supportive environment in making it easier.

liveWELL: Wanita, you are a member of the Campus Recreation facilities. What is your routine?

Wanita: I try to work out six days per week. I meet with a Personal Trainer on two of those days. I have had Personal Trainers who continually challenge me to work harder and get a variety of activities in. I take a yoga class once per week. The other days I do either a cardio workout or strength training on my own. I have taken Olympic Weight Lifting classes, so I try to incorporate that into my workouts, too.

liveWELL: Working full-time often leaves little time for physical activity. How and where do you fit it in?

Wanita: I work at UIHC as a supervisor in the Clinical Microbiology Laboratory. My schedule has some flexibility which allows me to workout over the lunch hour, often taking classes or going to the Fitness Loft at the Field House. Unfortunately, that means I eat a quick lunch at my desk.

liveWELL: Often, people get started with a consistent routine, but get thrown off track when “life happens.” How do you keep exercise a priority in your life despite competing demands, and do you have any advice for beginners?

Wanita: I was very much one of those people until I realized how overweight and unhealthy I was. I started with a Health Coach through liveWELL and we met at the Campus Recreation and Wellness Center. She was very encouraging and motivated me to lose weight. Once I lost the weight, I was determined to not gain it back, and that is when I started working with a Personal Trainer. I would recommend that someone who needs or wants to get started to meet with a Health Coach or a Personal Trainer. They can help motivate you and at the same time hold you accountable so you don’t back out. Finding an exercise program that you really like makes workouts enjoyable.

liveWELL: Since this newsletter edition is about a “supportive environment,” how does your environment help support your health behaviors?

Wanita: Living and working in a community like Iowa City that is so health conscious motivates me to live a healthy and active life. I work with many young people who are active and they also motivate me. I have easy access to both CRWC and the Field House, as well as other health programs offered through the hospital. I have met so many wonderful and supportive people at the gym and that also motivates me to continue with my workouts.
Matt Stancel is the Coordinator for Group Exercise for Recreational Services. He has some great advice for people of all fitness levels who are inspired by Wanita’s story.

liveWELL: How does someone know what types of group exercise classes they should take? There are nearly 70 offered each week that are free of charge to members!

Matt: All of our classes are categorized by intensity level. You can find these ratings in the online descriptions of our classes. Some classes cater to the beginner or infrequent exerciser. If you fall into that category, then try these first. The worst thing that can happen is that you either need to modify the movements or take a break during the class. All of our instructors will recognize this and help you accordingly.

liveWELL: Aside from the intensity level of the class, what else should we look for when choosing a class?

Matt: When choosing a fitness class, it helps to know what you’re looking to accomplish. Looking for more muscle tone? Try a strength or sculpting class. Looking to get your heart rate up and burn calories quickly? Try any aerobics or express class. Looking for more flexibility? Try a yoga class. Looking for more core strength? Pilates or specific abdominal and core-building classes are available.

liveWELL: Matt, we know that you like to have the last word. Is there anything else to share with our readers?

Matt: Recreational Services also offers a wide variety of “Specialty Classes” geared towards specific movements, such as TRX, CrossFit, Olympic Lifting, Boot Camps, and Kettlebells. If you are looking to challenge your body through specific movements or more sports-oriented exercises, these specialty classes might be right up your alley. Experiment. Don’t be afraid to try something new. Don’t be afraid of asking questions. Talk to the instructor and pick their brain. If something doesn’t work, then just try something else.

Class schedules and descriptions can be found at recserv.uiowa.edu. Just click on Programs > Fitness Programs to view all of the options. There is a Recreation Membership Incentive Program for UI Faculty and Staff in 50% or greater, regular positions. If you take your Personal Health Assessment within the calendar year and visit the campus recreation facilities at least four times per month, you receive 50% off of your membership thus making your monthly payment only $13.75!
We like to feature mobile apps that can be handy to help motivate or track health behaviors, but in the spirit of moving naturally, we’d like you consider ways to ditch technology when it hinders natural movement!

By being conscious and mindful about seeking out habits that nudge us towards moving naturally, we automatically burn more calories without even needing to think about it!

1. Ditch the cords, remotes, and batteries! Shoveling, raking, push-mowing, opening the garage door by hand, and changing TV channels without a remote – OH MY! Heavy yard and garden work can burn almost 400 calories an hour or the equivalent to lifting weights for the same period of time. Getting up off the couch to change the TV channel just ten times can burn 100 calories.

2. Step it up! You burn 10 calories per minute climbing up stairs and 4 calories per minute going down. Use them at work and embrace using them at home!

3. Put your pedals to the metal! Having a bike nudges you to use it. Pedaling at a moderate speed burns about 235 per half hour. Don’t forget your helmet!

4. Puppy love! Dog owners get more activity without a lot of added effort. Taking Fido out to the bathroom, for walks, or just playing fetch are all ways to sneak in some movement!

Adapted from: Blue Zones Home Checklist
Weight Watchers has been around for over 50 years. Over time, the program has seen many revisions, but much has remained the same. For example, weekly meetings and food journaling are still key components of the program. These days Weight Watchers has incorporated a number of digital tools and mobile apps to help people stay connected to their plan.

On campus, there are two active Weight Watchers at Work groups for UI faculty and staff to participate in. Being a member of an on-campus group also allows members to attend any community group, as well, which is a perk if a lunch meeting or travel comes up.

**Featured Program:**
weightwatchers at work

On seeing co-workers at meetings...

“It was surprising to see several colleagues at the meetings. I was intimidated at first, but the support has been great. (I have finally realized that Weight loss is just kind of a way of life for many of us - nothing to be ashamed of.) One lunch hour a week and I am ready to be “a loser” for the next 7 days!”

Carrie Kiser-Wacker, University Housing and Dining

“No one announces your weight, or whether you lost or gained that week and no one is called on to talk. If you want to share you can, but if you’re more comfortable just lurking in a corner and quietly listening, that is okay as well. Either way you’ll get the tools you need to make a real difference in your life.”

Connie Tipsword, Hancher

On participating during the workday...

“Convenience, convenience, convenience. To have WW only 10 minutes from my work place has made my weight loss goals easier to obtain. And it also gives me less opportunity for excuses!”

Carrie

“I don’t have to carve extra time out of my work day or my personal time so it’s easy to be there. Walking the four blocks back and forth even gets me a little bit of exercise along the way.”

Connie

**Tuesday Group – 12:00-12:45 p.m.**
University Capitol Centre
(locations vary)

**Wednesday Group – 11:45-12:30 p.m.**
Braley Auditorium, Pomerantz
Family Pavilion (Lower Level), UIHC

More information including fee structure and how to register online at www.uiowa.edu/hr/wellness. If you’re unsure if WW is right for you, drop in to a meeting for no fee to meet the instructor and audit the class.
Featured Recipe: Avocado Smoothie
(gluten free)

Enjoy this gluten-free recipe from Hilbert Stoelk and the Food and Nutrition Services staff at UI Hospitals and Clinics.

Ingredients
1 avocado
1 Cup fat-free milk
1 Cup ice
2 Tbs sugar
1 tsp pure vanilla extract

Directions
Place all ingredients in a blender and blend until smooth. Serve chilled.
Yields two servings.

Nutrition Facts
(per serving): Calories 259; Fat 15 gm.; Sodium 59 mg.; Carbohydrate 28 gm.; Fiber 7 gm.; Protein 6 gm.

This recipe may look familiar to you. It was featured in the Spring edition of Health at Iowa, an online publication by University of Iowa Health Care. Sign up to receive Health at Iowa in your inbox by going to medcom.uiowa.edu/health. Used with permission.
Each month, two UI Faculty or Staff member are awarded $500 for taking their Personal Health Assessment within the calendar year. Have you taken your PHA in 2013?* You receive up to $65 just for taking the survey, as well as a chance to win $500!

What did you do with your $500?

Helen Brady,  
University Counseling  
“I am hoping to share the wealth. I plan to use part of the $500 to buy a membership to CRWC for a high school student who enjoys the facilities but cannot afford even a daily pass.”

Jim Netolicky,  
Health Care Information Systems  
“I’m looking forward to using my $500 towards a fall vacation!”

Doris Jacobs,  
Nursing  
“With the surprise winnings I financed working with a Personal Trainer at the Campus Rec and Wellness Center to learn tips and techniques for training for an upcoming trip to the Grand Canyon. We hope to be able to hike into and back out of the canyon in late September. I have found that walking with the weighted backpack to and from my assigned lot takes no more than five minutes more than taking the bus and adds close to six miles of walking to each week of training. Thank you for helping me to get this advice and work toward this goal from our “bucket list.”

*The PHA is available to UI Faculty and Staff in 50% or greater, regular positions. Find your PHA at the Self-Service website.
How does your environment (work or home) support your health and well-being?

Andrew Rinner  
ITS  
“One of the ways I stay active is by rock climbing, both indoors and out. I have several climbing trips planned this summer with destinations that include Colorado, Arkansas, Wisconsin, and Iowa. I can always use more gear, so I’ll probably spend my winnings on that!”

Nick Dreyer  
Health Care Information Systems  
“My department, HCIS, has many employees who participate in UI Wellness initiatives throughout the year. It makes healthy behaviors easier when you see so many of your coworkers actively participating in these activities. I also have two young kids at home who make sure I stay active when spending time with them.”

Jim Hackman  
Facilities Management  
“With the close proximity of the CRWC to my office at USB and the various types of programs and equipment available, workouts are much easier to complete on a regular basis. After each workout, I feel refreshed and energized and ready to go for the rest of the day. I have also made a conscious effort to drink more water and reduce my soda intake daily at work and have worked to instill those concepts at home with the rest of the family.”
Save the date!

**Wednesday October 9 – Healthiest State Walk**

Hundreds of thousands of Iowans participated in the Start Somewhere Walk two years ago, and even more again last year in October for the Healthiest State Walk, showing their overwhelming support of the Healthiest State Initiative by walking one kilometer together as a state and voting with their feet in favor of our goal to become #1 in well-being.

**Wednesday November 6 – UI Health Fair @ Field House**

Mark it on your calendar and wear blue to blend in at the annual UI Health Fair which will celebrate the Blue Zones selection of Iowa City! Lots of giveaways, prizes, and health information will be available – you won’t leave empty handed!

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**Healthy Iowa Award Winner**

**Gold-Level Well Workplace**

**Fit Friendly Company**

**WE WELCOME YOU** Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.

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