One of the benefits of summer is having an opportunity to spend quality time with friends and family enjoying activities in the outdoors. Whether you prefer being in the water, exploring hiking trails or hitting the golf course there are many ways to be active.

In this edition of the liveWELL newsletter, you will learn more about ways you can stay active with others and support family connections.

We’ll also feature employees who have found family to be a huge motivator for keeping them on track with their personal health and wellness goals.

If you are preparing to send children back to school, we provide some tips to help make the transition back to the classroom less stressful for them (and parents, too!).

So whether you’re single, with a partner or have a house full of family members, enjoy the rest of the summer!

Yours in good health,

Nicole Studt, SPHR, Manager, Family Services/Health Coach
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.
FAMILY RECREATION

Summer means warm weather, sunshine, long days, and no school! For families, this can mean extra time to participate in activities together. Significant research supports the value of outdoor recreation as an avenue for positive family development¹. Family members who play together report higher levels of happiness, healthy functioning, and unity because shared recreational activities offer a setting for open communication, interaction, and problem solving². However, if you are new to the area or to outdoor recreation, getting started can be intimidating.

Meredith Caskey, Recreational Services Outdoor Educator, identifies that making time to try new things does not have to be overwhelming.

“Start with something small and easy, like taking a nature walk with the whole family. Don’t worry about how far you hike or reaching a destination. Rather, enjoy the spontaneous moments that occur when family and nature connect.”

Caskey encourages families to use local resources for ideas within the community to get started. “For example, look on your community’s Parks and Recreation webpage for something interesting. This can be the spring board for finding times, services, and locations to get active.”

So no matter the activity, the benefits of moving together as a family are great. Grab your shoes. Take a few steps forward together. Once you get moving, the possibilities are endless.

When Meredith is not teaching at School of the Wild or Wildlife Camps, here are ten favorite family-time activities that she enjoys:

1. Splash Pads - Fun for all ages
2. Farmer’s Markets - Especially with special events added like Kid’s Day!
3. Museum of Natural History - Check out upcoming events at uiowa.edu/~nathist/
5. Making an old-fashioned lemonade stand with neighbors - Check out www.alexslemonade.org to raise money for a cause.
6. Geocaching - Check out “Geocaching Intro” in Google Play or the iTunes App Store to get started!
7. Community Park/Playground Checklist - Create an adventure map of local playgrounds/parks to visit!
8. Outdoor Rental Center through Recreational Services - Great to rent camping supplies for families who just want to try camping without owning anything! recserv.uiowa.edu/Apps/Facilities/OutdoorRentalCenter
9. Terry Trueblood Recreation Area - Water equipment rentals, walking and biking trails, and a playground can be explored here.
About this time every year, the commercials begin to blast from the television, advertising all of the wonderful things that parents need to do to get their children ready to go back to school. The office supply ads show all of the new and shiny “must haves” that will make one’s school year most successful. And, even though most of the commercials show a happy and unstressed parent gleefully pushing a shopping cart searching for school supplies, the reality is most parents are shopping while tired and thinking of daily early morning awakenings, homework and activities. Meanwhile the children are dragging behind the shopping cart begging to have summer vacation go on forever. Which one sounds more familiar?

While families may be excited about the prospect of a new school year, getting back into a regular, school-year routine can be a source of stress for all involved. A new school, teacher or academic expectations might be concerns for children. Returning to a hectic schedule of before-and-after-school child care, evening activities and fundraisers can be anxiety inducing for parents.
Getting started on the right foot can help the new school year run smoothly and reduce stress and anxiety for the entire family. It can also determine how a child might do in school academically and socially.

Consider these tips to help your family have a wonderful school year:

- If possible visit your child’s classroom prior to the first day of school. Meet the teacher and explore the classroom.
- Make a transportation plan. Will your child ride the bus, walk to school, be driven by a family member or friend, or ride their bike? Have a backup plan in case your primary form of transportation is not available.
- Create a morning routine, and start having children wake up when they would normally need to on a school day. Start by waking them 15 minutes earlier each day until they reach the desired hour.
- Use a calendar to write down school-related events, planned days off from school, and vacation days for the upcoming school year. Note when you might need to make special arrangements to avoid logistical problems.
- Make getting dressed in the morning more streamlined by having your child practice selecting what they would like to wear and lay it out each night. Limit their choices to one or two outfits so they aren't overwhelmed.
- If your child will take their lunch to school or if bringing snacks for the class is required, make a list of possible healthy options. Ask your child for their top picks of fruits and vegetables.
- Prepare a plan for children to do homework. Talk to your child, establish a regular time for them to complete homework, and create a space that provides a quiet, relaxed environment to do their homework. Make sure supplies such as pencils, paper, a ruler, dictionary, etc. are easily accessible.
- Have your child set a goal for the upcoming school year. It could be to have all homework turned in on time or maybe they would like to improve a grade in a particular subject. Decide how you will celebrate when they achieve their goal.

UI Resources:
Faculty and Staff Services/Employee Assistance Program offers short-term counseling to eligible faculty, staff and their families at no charge. hr.uiowa.edu/eap
Family Services Office offers resources for child care, spring break and summer programs. hr.uiowa.edu/family-services

1. www.nasponline.org/resources/home_school/b2shandout.aspx
It is a warm spring morning, and sisters Liz Wildenberg de Hernandez and Joanna Sabha are getting ready to run a 5K at the new Terry Trueblood Park. For Liz, the Associate Director of the Study Abroad Program, the goal of the race was to run with her daughter and to add miles to her goal of running 750 miles this year. For Joanna, a Clerk IV at the Center for Disabilities and Development and Child Health Specialty Clinics, the goal was to run what she could and walk the rest. The mission was the same: better wellness.

Three years ago Liz met with Health Coach Erin Litton. “In the beginning, my goals were to increase my wellness and set an example of healthy behavior for my children. Another initial goal was to ride part of RAGBRAI.” This year’s goals include completing two half-marathons and running in a relay race between Madison and Chicago with some college friends.

Last April Joanna also sought the help of Erin Litton. “I was looking for balance. As a mother of two girls under the age of five, I felt really stressed the majority of time and overwhelmed trying to negotiate work and home. Erin helped me see success in smaller amounts of exercise built into my day and incremental changes in my diet.” “Erin reminded me that exercise doesn’t need to happen on a treadmill or be intense. Most mornings and evenings, I walk between downtown and the hospital. It’s the perfect frame for my day and sometimes the only part of the day I spend alone. It’s a great time to think, and it’s probably my favorite part of the day.”

The two sisters also do little things to support the shared mission of wellness. Liz routinely calls Joanna when she’s taking her daughters swimming at the Campus Recreation and Wellness Center (CWRC). Joanna emails Liz when she reads about free or low-cost community events that they might like to do together, like the 5K they just completed.

“Our parents were good examples of wellness, but exercise was never a focus,” Liz notes. “So beginning to exercise in a structured way was a big change for me”. Neither woman grew up participating in athletics, but the extended family has been supportive of the changes Liz and Joanna have made. At the 5K, their dad and Liz’s husband watched the younger girls while they ran. Their dad snapped pictures to share with their mother and Joanna’s husband who were unable to attend.

After the 5K, Liz and Joanna joined their children for a one-mile fun run. “It was a great day, being outside with our family and being active,” Joanna noted.
A couple of summers ago, Holly Yoder’s daughter wanted to go bike-riding with her. Holly had happy childhood memories of riding a bike but realized that, in the shape she was in, there was no way that riding a bike was going to be fun for her. Holly felt her health declining rather than improving as she wanted. She sat a lot at her job as Honors Advising Director in the Honors Program and spent more time sedentary than ever before.

Holly had begun swimming one to two times a week at the Campus Recreation and Wellness Center, and was walking 30 to 40 minutes three to four times a week. As she approached her 50th birthday, she felt the effects of aging on her body. Holly and her husband have two sons in college and a 13-year-old daughter. Her husband and children are active and athletic, and she wanted to be stronger and fit to keep up with them.

At first Holly was a little doubtful of achieving actual results but she stuck with her plan, worked toward her goals, and it was effective. Over the course of about a year, she dropped several sizes and was able to fit into clothes she hadn’t been able to wear for decades. One day she dug into her cedar chest and pulled out vintage clothing she had saved—a plaid wool skirt from junior high, a navy blue dress that she bought in France during college, a tie-dye skirt and top from Zambia, and a Basotho print from Lesotho. Holly was able to wear these favorite clothes again! More importantly, she has become stronger and more fit, a big benefit in combatting the physical effects of aging that she was feeling.

Holly felt she needed someone to help her set goals, challenge her, provide her with new strategies, and to hold her accountable. Holly states “My health coach did all that. I already knew a lot about health, nutrition and exercise, but knowledge wasn’t enough. I needed a coach.”

Holly enlisted Carla Melby-Oetken as her health coach. Carla showed Holly how to use weight machines at the Campus Recreation and Wellness Center in order to improve upper-body strength. This was a new activity that Holly had never done before, and it became an important part of her fitness program. Carla suggested to Holly that tracking what she was eating was an effective way to get her diet right. Additionally, Carla introduced Holly to the website SparkPeople. Holly used the program to track her food intake and received instant feedback. Holly tracked her food for about eight to ten months, until she felt she was making better choices on a routine basis.

Holly says “I literally wake up feeling better and feel better all day. I feel more comfortable and confident in public speaking and teaching situations. I still haven’t begun riding bikes with my daughter, but I know now that it is entirely possible and that I would probably even enjoy it. Maybe I’ll buy a bike this summer.”
FEATURED RECIPE:
Crunchy Bok Choy Slaw

Enjoy this delicious recipe from the American Heart Association. This recipe makes 8 servings, 3/4 cup each. Prep time is 20 minutes.

INGREDIENTS
- 1/4 Cup rice vinegar
- 1 Tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 6 Cups very thinly sliced bok choy (about a 1-pound head, trimmed)
- 2 Medium carrots, shredded
- 2 Scallions, thinly sliced

COOKING INSTRUCTIONS
Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing.

NUTRITION FACTS (PER SERVING):
Calories 33; Fat 2 g; Sodium 132 mg; Carbohydrates 4 g; Fiber 1 g; Protein 1 g

TRAIN YOUR BRAIN CROSSWORD PUZZLE

Keep your mind sharp with this fun crossword puzzle! All the answers can be found in this newsletter. Good luck!

ACROSS
2. Website used by one of the featured employees to track food intake
5. Service that provides counseling to UI employees and their families (abbr.)
7. One of the ten favorite family time activities
9. Offers resources for child care
10. Month of the UI Health Fair

DOWN
1. Community initiative to help people live longer, healthier lives
3. Service offered to UI faculty and staff to help with healthy behavior change
4. Favorite summer activity of one of the $500 winners
6. Main ingredient in featured recipe
8. Relationship of two employees in one of the success stories.

The completed puzzle is on page 15.
Blue Zones Update

UI Wellness wants to recognize **Matt Stancel**, Assistant Director of Recreational Services Fitness/Wellness, for his efforts in getting the word out about Blue Zones. Matt has involved his student staff and instructors by sharing Blue Zones information and its value to fitness and wellness. Furthermore, he challenged his colleagues to gather ten pledges each. Matt’s motivation and enthusiasm for Blue Zones has spread like wildfire, “A healthy community is the greatest asset any country can have. Change starts at a micro level. My hopes are that I can impact a few individuals within the community I call home and cause a snowball effect to impact the culture of future generations.”

Join Matt and other Wellness Champions across campus to support Blue Zones by getting your department involved. To request pledge forms; an on-site, 15-minute presentation; or content to share at a meeting, email liveWELL@uiowa.edu

Campus has officially started its campaign for Blue Zone Pledges to designate the University of Iowa as a Blue Zones worksite. Currently, we have 1,133 pledges towards a target of 4,000 pledges! Go Hawks!

For a list of current Blue Zones events in Iowa City, visit bluezonesproject.com and click on the “Events” tab. For those who want to start or join a walking group (moai), you can login to the Blue Zones Project website and visit the “Activities” tab to either create and/or join a group.
“WHAT IS YOUR FAVORITE WAY TO STAY ACTIVE THIS SUMMER?”
We asked UI Live Healthy Iowa team members

“Walking outside, mowing the yard, doing gardening and yard work. Just being outside and doing whatever I can to stay active, even washing the car by hand.”
Becky, “Radon and Rollers”

“My favorite summer pastime is staying fit with our grandson by biking, walking and swimming. Five-year-olds like all these summertime activities. Grandparents win in fitness when you participate instead of just watching.”
Pat, “Best Eye Can Be”

“I enjoy swimming and helping coach my son’s baseball team.”
Dan, “Booking It at the Library”

“I will be competing in a triathlon this summer, running in a number of road races to prepare for a fall half marathon, riding a couple of days of RAGBRI with my family, commuting by bike to work and, of course, walking with my fabulous companion – Max (our family dog).”
Brenda, “UI College of Law”

“After the long winter, I'm so happy I can get out on my bike again! I plan to start back on my daily cycling trips on the Hoover Nature Trail from West Branch to Oasis (and beyond). It's so peaceful and beautiful—great for the body and mind.”
Lynn, “Livin’ La Vida Yoga”

NEW! HEALTHY LIVING CENTER

The Healthy Living Center is an online resource featuring a variety of information regarding personal health and wellness, emotional well-being, relationships and financial and legal concerns. You can browse by topic to review articles and videos as well as access your Personal Health Assessment and Personal Wellness Modules.

Within the Healthy Living Center, you will find general health and wellness tips, calculators to assist you with personal budgeting and savings, basic financial and legal forms, healthy recipes and much more.

To access the Healthy Living Center, log into Employee Self-Service, select the Personal tab and “Personal Health Assessment” on the liveWELL section of the page. Once there, select “Continue to PHA and Healthy Living Center.”
The liveWELL Health Coach Service is traveling...and we can travel to your department next!

Many departments on campus identify that travel and time are barriers for getting health behavior support, so liveWELL is offering On-Site Health Coaching. This model maintains the one-on-one support of a health coach for a client, but allows for the convenience of an on-site service. To schedule a health coach, liveWELL asks for one block of time, in your department or unit, which allows for multiple people to have back-to-back visits. Visits last 30 to 40 minutes and follow-up visits are scheduled at the convenience of the client.

Pat Koffron, in the Department of Ophthalmology, organized a day of on-site health coaching in spring 2014. She reflected on the why and how of on-site coaching, “‘Healthy, happy employees equal work productivity and satisfaction. With this formula in mind, we look for opportunities to improve the well-being of employees. This opportunity came when a low-patient census and a provider conference day was scheduled in April. A regularly-scheduled staff meeting provided the perfect opportunity for UI Wellness to present some of the wellness opportunities available to employees including one-on-one coaching. Two of the health coaches were then available for the remainder of the day to meet with employees. These pre-scheduled appointments gave us the chance to review our wellness goals and strategies. Based on our goals, the health coach helped each of us prioritize and set achievable goals.”

Ready to give on-site health coaching a try? Use this checklist to help you get started. You’ll need:

- A supportive Wellness Champion to aid in participant recruitment and with departmental knowledge of opportune times (Example: Are there low-patient traffic days or times?)
- A room or space for private, confidential health coaching
- 6-12 motivated staff members willing to participate on a specific date
- Ideal, but not required: 15 minutes of a staff meeting to provide a quick introduction to coaching and an overview of forms

Interested in learning more? Call 319.353.2973 or email livewell@uiowa.edu
$500 Monthly Winners

Each month two UI Faculty or Staff members are awarded $500 for taking their Personal Health Assessment (PHA) within the calendar year. Have you taken your PHA in 2014?* You receive up to $65 for completing the survey, as well as a chance to win $500!

We asked our recent winners:

“What did you do with your $500 Winnings? OR what Summertime activity are you most looking forward to?”

**EMILY DORMAN, RDN, LD, CDE**
UI Healthcare Iowa River Landing
“Part of my $500 winnings will be going towards food for when our team runs Relay Iowa in June!”

**MELBA SMITH**
Joint Office of Patient Financial Services
“I enjoy camping at Sugar Bottom.”

**STEPHANIE DANFORTH**
Food and Nutrition Services
“I am getting married in October so we do have many wedding related things going on this summer. In addition to those, I have planted my first garden this summer which will hopefully be a success!”

**BRIAN STONER**
Facilities Management
“I enjoy going to the drag races, especially in Joliet, IL.”

**CATHERINE FIGUEROA, RN**
UIHC Pediatric Rheumatology
“I enjoy nature walks with my family at the Macbride Field Campus.”

**COURTNEY SHADRICK**
Psychiatry
“With the $500, I think I’ll finally sign up for some races I’ve been too nervous to sign up for. This was exactly the “push” that I needed!”

*The PHA is available to UI Faculty and Staff in 50% or greater, regular positions. Find your PHA at the Self-Service website.*
FEATURED PROGRAM

“Ohlife” is a free, private journaling website that sends one email a day that simply asks “How’d your day go?” Once you reply (with little or a lot of information), the program saves it in a collection of your life stories. Your daily “How’d your day go?” email includes a past reflection or story. “Ohlife” is a great option for people who are interested in journaling but finding a space or time is challenging. Because your journal entry is collected through email, no paper or books need to be tracked or kept safe. Get started by visiting www.ohlife.com, entering you email address, and creating a password.

HEALTH COACH TIP: Journaling is a great way to incorporate positive reflection in your daily life. Positivity has impact on all areas of life. Using a program like OhLife.com can give you a regular reminder to think of the good things you encounter daily.

STAFF MEMBER WELLNESS RECOGNITION
Christine Lehman-Engledow of Residence Life has been awarded the 2014 All-American College Breakaway Expresso Bike Challenge by Recreational Services for her efforts in recruiting and motivating campus participation. Her contribution placed the University of Iowa in fifth place among other 102 colleges and universities. Congratulations, Christine!!

CROSSWORD ANSWERS

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liveWELL
SAVE THE DATE!

Wednesday, October 8
Healthiest State Walk
Join thousands of Iowans in walking one kilometer to show support for the Healthiest State Initiative. Vote with your feet in favor of Iowa’s goal to be the healthiest state in the nation by 2016!

Wednesday, November 5
UI Health Fair @ Field House
Mark it on your calendar and attend the annual UI Health Fair! Lots of giveaways, prizes and health information will be available - you won’t leave empty-handed! See you there!

Colorful Choices is a 4-week nutrition program that will run October 6-25! Faculty and Staff can learn more at hr.uiowa.edu/livewell. Register for Colorful Choices and receive liveWELL Points via My Health and Wellness in Self-Service.

Find liveWELL on Social Media
@UIowaLiveWELL

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.

Human Resources
liveWELL program
E119 CRWC, Iowa City, IA 52242
phone 319-353-2973
livewell@uiowa.edu