The victory is not always to the swift, but to those who keep moving.”

~Adapted from the Centers of Disease Control

The new year is upon us and that means it’s time for resolutions! The LindenWell Employee Incentive Program wants to help get you motivated and help our campus be healthy, happy, and productive during the Spring semester.

The LindenWell website has been updated with new WellBuck opportunities and ways to get involved in the incentive program. Check it out: [www.lindenwood.edu/lindenwell](http://www.lindenwood.edu/lindenwell)

Indoor walking routes are soon coming and will be posted on the website.

**Noon Walking Program in the Fitness Center!**

Every day a student worker will be in the fitness center with a sign-in sheet from 12-1pm, along with tips of the week and other weekly incentives. Employees who sign in and out can receive WellBucks for daily walking. Employees who walk at other times can still sign in and out to receive WellBucks.

If you have suggestions on incentives, please email us at lindenwell@lindenwood.edu.

**WELLNESS INCENTIVE PROGRAM**

“WellBuck” Incentives for January/February

We want to have ALL employees join us at the LindenWell Appreciation Banquet this Spring! So, we’re offering Well Bucks to those who help recruit others to join, here’s how:

For every employee you recruit to join the online step program you will receive $1,000 WellBucks and the employee receives an added $1,000 also!

There are MANY other ways to earn WellBucks during January/February. Check out the website for all the ways to keep earning!!

For more information on the incentive program, visit: [www.lindenwood.edu/lindenwell](http://www.lindenwood.edu/lindenwell)
The American Heart Association has launched a large campaign in February called the, "Red Dress Campaign," promoting the awareness of cardiovascular disease (CVD) in women. For more information visit: www.goredforwomen.org

In addition, despite the fact that minority women face the highest risk of death from heart disease and stroke, they have lower risk factor awareness.

Facts about women’s risk of CVD

- Risk of CVD and stroke increases with age. In 2002, over 44 million American women were 50 and older.

- More women than men die of stroke.

- Low blood levels of "good" cholesterol (high density lipoprotein or HDL) appear to be a stronger predictor of CVD death in women than in men in the over-65 age group.

There is someone out there that wants a relationship with you. “I am” is always there and willing, all you have to do is say “yes”. That is God. God is willing to be there with you, by you and within you; all you have to do is make time for God. That is right, you just need to sit down and listen to God. Take a time each day to talk to your Best Friend. God is willing to hear all you have to say, good or bad, angry or glad. You also need a time to be silent; a time to listen to God.

This time with God may be reading a book or devotional text. It could be taking a quiet walk or sitting by the river. It could be riding your bike on the Katy Trail. It is a time that you are away and talking or listening to God. Take time to be with your friend.

“May today be all you need it to be. May the peace of God and the freshness of the Holy Spirit rest in your thoughts, rule in your dreams tonight, and conquer all your fears. May your joys be fulfilled, your dreams be closer, and your prayers be answered.”

St. Charles County and many surrounding counties in St. Louis have recycling centers and programs to make recycling as easy and time efficient as possible for residents.

Did you know?

Between 30 and 35 million real Christmas trees are sold in the U.S. each year. Luckily, about 93 percent of those trees are currently being recycled through more than 4,000 available recycling programs.

For information on how to “Green Your Holidays” visit the below website for Earth911: http://earth911.com/seasonal/green-your-holidays/
**SOCIAL HEALTH - Noon Walking Program**

Join LU employees as we continue to “Step our Way, to a Healthier May”.

This Spring, we will have a new “Noon Walking” Program for all employees. The noon walks will have a student worker at a LindenWell table to distribute information to employees.

Employees will need to sign in and out to be awarded WellBucks for their participation.

- **100 WellBucks for every 10 minutes of exercise!**

  Also, information on the tip of the week will be available. There may even be some historical LU trivia to discuss with friends and colleagues as you walk during the noon walk!

  Yes, of course you will get WellBucks for correctly submitted trivia answers! More information to be distributed via email and during the noon walking times.

  The noon walking program will begin on **Wed, Feb 4th**.

We look forward to you joining this active social gathering with colleagues.

See you on the track!

**MENTAL HEALTH? - A New Beginning**

Here we are at the beginning of the new semester. Hopefully refreshed and energized by our semester break. As we look at our syllabi and class rosters, minimal tension may start to mount. Though this amount of tension is small, it may bring on memories of last semester’s stress. So, let’s nip that puppy in the bud.

My favorite mental stress strategies are imagination, re-framing, rejuvenation, and relaxation which leads back to imagination. Imagination can help us anticipate the future. Most of us imagine the future based on the past, which can be negative and stress producing. Though it is important to have Plan-A and Plan-B, imagining a positive outcome for Plan-A helps reduce stress, especially when Plan-B addresses an alternative plan. (Just in case Plan-A doesn’t work.) Focusing on positive outcomes can reduce our stress level.

Reframing is to look at a situation from a different perspective or to develop a different interpretation. Let’s look at the characteristic of being stubborn. Though stubbornness has a negative connotation, tenaciousness does not. Those who are tenacious tend to reach their goals and get what they need or want. Putting a positive spin on a situation may help decrease your stress.

Rejuvenation and Relaxation tend to go hand in hand. Many times we need to relax in order to feel rejuvenated. Looking at the semester ahead of you, how will you fit in moments of relaxation and rejuvenation?

- **Getting a massage?**
- **Going to see a funny movie?**
- **Practicing restorative yoga?**

Do something to distract yourself from concerns and worries, even if it is only for a short period of time! This leads back to imagination. Using your imagination, how and when are you putting relaxation and rejuvenation into your routine?

**READING YOUR PALM ...WHAT IS IN THE FUTURE**

**February:** Heart Healthy Month, “Go Red for Women Campaign”

**March:** Nutrition Month

**April:** Appreciation Banquet for all employees who have earned any WellBucks

www.lindenwood.edu/lindenwell

Articles were submitted by: Annie Alameda, Randy Biggerstaff, and Marsha Andreoff
WELL-AT-WORK SERIES

“Heart Healthy Eating”

February 17th or 18th
3:15PM-4:00PM

SPELLMANN CENTER ROOM 3105

Remember you get $5,000 “WellBucks” for attending!!

INGREDIENTS

• 1 pound ground chicken
• 2 eggs
• 1 1/2 cups bread crumbs
• 3 tablespoons salsa
• 2 tablespoons Ranch-style salad dressing
• 1 (1.25 ounce) package taco seasoning mix
• 1/2 cup shredded Cheddar cheese

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Grease an 8x4 inch loaf pan.
2. In a large bowl, mix together the ground chicken, eggs, bread crumbs, salsa, salad dressing, and taco seasoning mix. Pack into the prepared loaf pan.
3. Bake for 1 hour in the preheated oven. Top with cheese, and serve with sour cream.

www.allrecipes.com

HEALTHY RECIPE OF THE MONTH

Zesty Chicken Meatloaf

Nutrition Facts Per Serving:

Servings Per Recipe: 8
Amount Per Serving 4oz.

Calories: 255
• Total Fat: 10.5g
• Sat Fat: 4.2g
• Cholesterol: 101mg
• Sodium: 658mg
• Total Carbs: 18.9g
• Dietary Fiber: 0.6
• Protein: 19.3g

WHAT DID YOU CHOOSE?

Kashi GOLEAN! This cereal has: 140 calories, 1g fat and 10g fiber in 1 cup.

Quaker Granola has: 420 calories, 12 g fat (7g sat fat) and 6 g fiber in 1 cup!!

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