

volume 2 • issue 1 • fall 2007

# wellnessworks

UNIVERSITY OF MINNESOTA

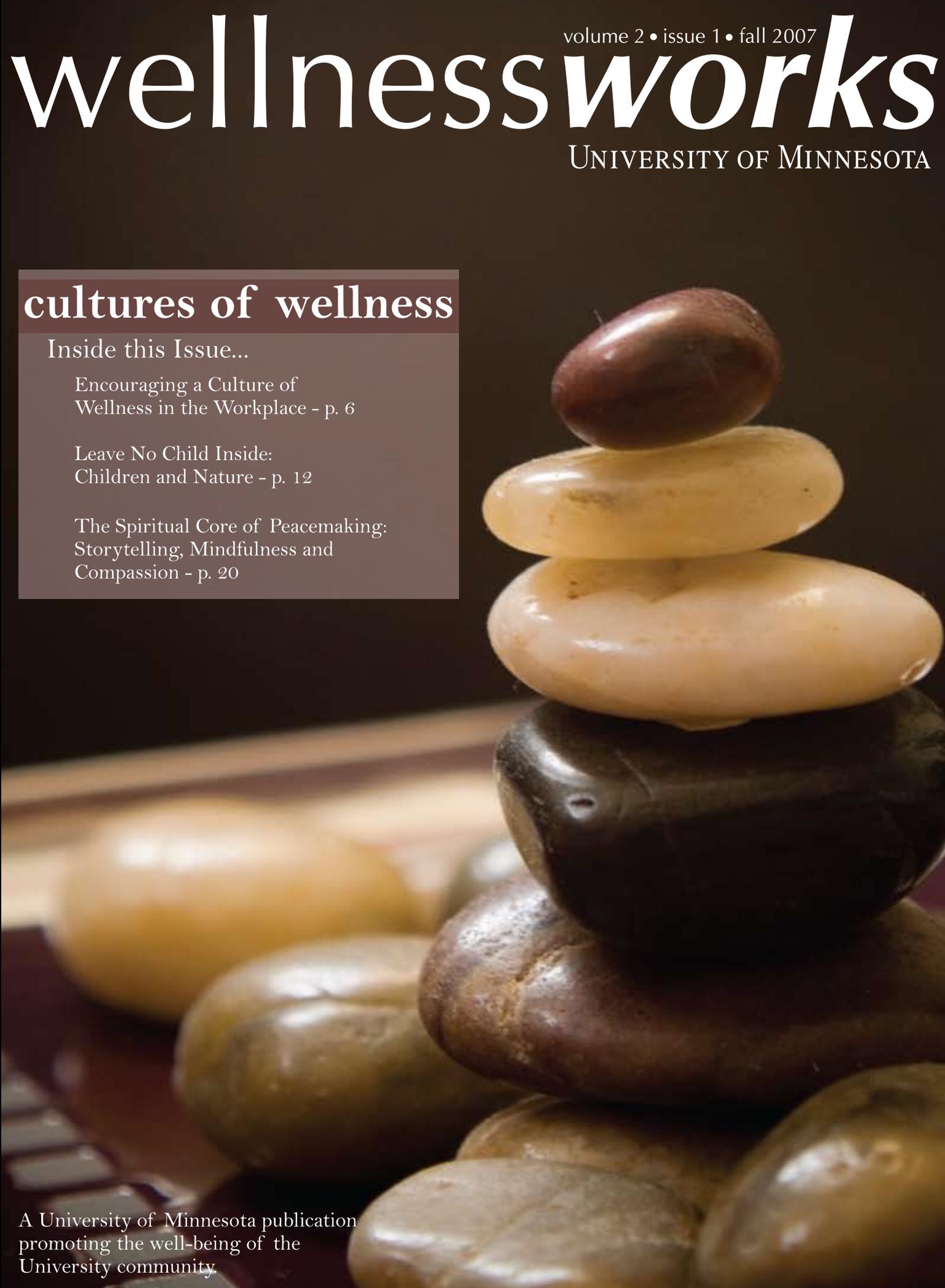
## cultures of wellness

Inside this Issue...

Encouraging a Culture of  
Wellness in the Workplace - p. 6

Leave No Child Inside:  
Children and Nature - p. 12

The Spiritual Core of Peacemaking:  
Storytelling, Mindfulness and  
Compassion - p. 20



A University of Minnesota publication  
promoting the well-being of the  
University community.

# Financial Health

*Another key wellness component*

## TCF® U Card Faculty & Staff Checking

- **FREE** Golden Gopher<sup>SM</sup> Rewards Card that earns points (Earn 1 point for each \$1 spent)\*
- **FREE** TCF Preferred Online Banking, **FREE** Online Bill Payment
- 1/4% Interest Rate Bonus on Certificates of Deposit\*\*
- For every active account, TCF contributes money back to the University of Minnesota's general scholarship fund

### FREE U of M Sweatshirt!

You can receive a FREE U of M Sweatshirt, when you open a TCF Checking account!

See a TCF Representative for details.



**TCF**  
THE CAMPUS CARD BANK

wellnessworks

## Letter from the Editors

Dear Readers:

Wellness Works, now in its second year, is the product of the University of Minnesota's Wellness Collaborative, a group which works to promote a culture of wellness within the University community. The editorial board for this publication is representative of some of the champions of wellness on campus: Academic Health Center, Boynton Health Service, the Center for Spirituality and Healing, University of Minnesota Physicians, Recreational Sports, and the Office of Human Resources. They are among the many University resources for wellness that may be found at the back of the magazine.

After our spring 2007 issue, many of you offered helpful feedback about how we might deliver wellness information in a way that is more useful and user-friendly, and we have incorporated many of those suggestions into this issue. We've redesigned it for a fresher, more reader-friendly look and included more information about topics that interest you, such as exercise and nutrition. Consider reading articles in this issue about work station fitness (p. 32) and how to eat "locally" (p. 14) to improve your physical well-being.

Although the design of the magazine has changed, the purpose of the magazine remains the same: to raise awareness among the University community about health and wellness; to provide information so that readers can take charge of their health and well-being, and to offer support for a University-wide initiative to foster a culture of wellness.

We will also continue to provide information the editorial board views as priorities for creating a culture of wellness at the University. In this issue, those items include examples of what some University staff are doing to foster wellness within their own areas (p. 6), an article on how lack of exposure to nature is hurting our children and our society (p. 12), and another that teaches us the path to peace begins within each of us (p. 20).

We all define our own wellness by the choices we make every day. For many of us, it is not just what we do — it is how we live, work and play. For those just discovering wellness and all the ways it can enrich your life, we encourage you to use this magazine as a guide.

We hope you enjoy this issue, and, as always, we welcome your feedback and opinions. Creating a culture of wellness on campus is about all of us, and as one University employee states, "It's ultimately about living better."



# Table of Contents

## In Every Issue

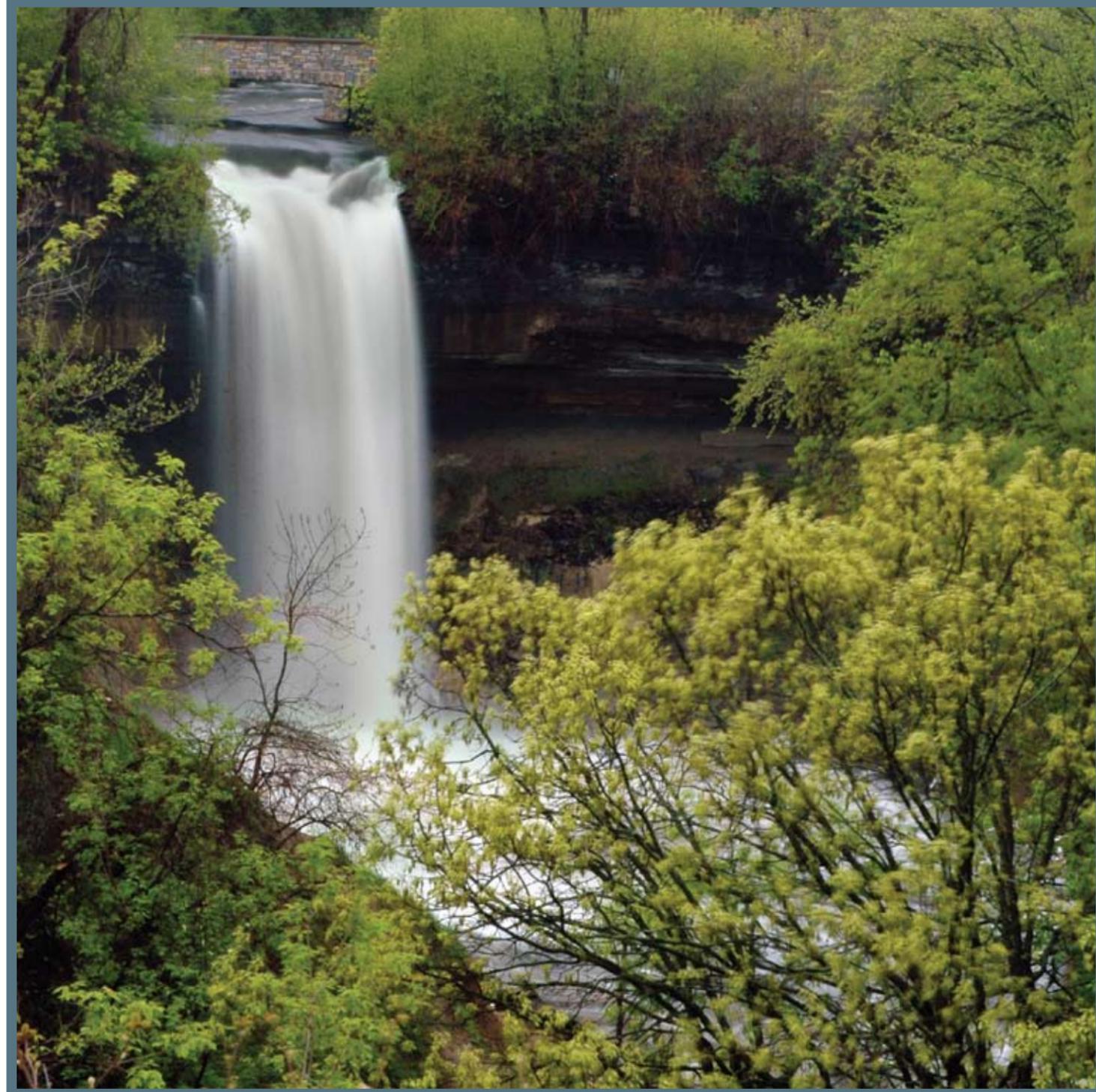
- Welcome Letter p. 1  
Wellness in Action p. 10  
In the Works Research p. 30 Find out why more support is needed for new working moms and how staying fit may actually improve GPA.  
Online Wellness p. 34 Get connected to local healthcare services with a new, user-friendly online service.  
Resources p. 36 Find contact information for your campus wellness resources.

## Features

- Encouraging a Culture of Wellness in the Workplace p. 6 *By Lisa Lemler*  
Learn how three University departments are creating environments that encourage healthy behaviors.
- Shaping Workplace Culture p. 25 *By Larry Chapman*  
Creating wellness in your department is easy when you know how.
- Work Station Fitness p. 32 *By Annette Biggs*  
Try these easy exercises to keep osteoporosis at bay, even while you work.

## Six Dimensions

- Social Wellness p. 12 *Leave No Child Inside* *By Martha Farrell Erickson*  
This world-renowned childhood expert explains that as children spend less time outdoors, they — and society — suffer greater ills.
- Physical Wellness p. 14 *Eat Locally, Think Globally* *By Christine Twait*  
Why eating “right” isn’t simply about a balanced diet anymore.
- Emotional Wellness p. 16 *Soothing Campus Stress* *By Steve Mitrione*  
Need to get away? Escape the trials and tribulations of campus life in this new, meditative space and learn how to “de-stress.”
- Occupational Wellness p. 18 *“Step to It!”* *By Todd Mestad*  
Walking around Lake Superior never felt so good! UMPHysicians’ employees’ team spirit get them through a rigorous, but invigorating, five-week competition.
- Spiritual Wellness p. 20 *Spiritual Core of Peacemaking* *By Mark Umbreit*  
Learn how we all have the power to create peace, even in the most strained situations.
- Intellectual Wellness p. 22 *An Interdisciplinary Approach to Learning* *By Roger Miller*  
The philosophy behind a graduate degree that encourages students to look at the world through many different lenses.



## Credits

Managing Editors: *Lisa Lemler, Molly Kelash, Kara Fresk*  
Editorial Advisory Board: *Tony Baisley, Diana Harvey, Todd Mestad and Susan Wiese*  
Designer: *Kelsey Dunigan*  
Photography: *Justin Evidon, Patrick O’Leary*  
Advertising Sales: *Amanda Mrotek*

This publication is funded in its entirety by its advertisers. A variety of advertising options are available. For more information, contact Kara Fresk at 612.625.5977.

Published by the University of Minnesota  
Department of Recreational Sports

**Send correspondence to:**  
Wellness Works Magazine  
Attn: Lisa Lemler  
1900 University Avenue SE  
108 Cooke Hall  
Minneapolis, MN 55455  
**or email:** [recsports@umn.edu](mailto:recsports@umn.edu)

The University of Minnesota is an equal opportunity educator and employer. This publication is available in alternate formats upon request. Printed on recycled paper containing at least 10% post consumer waste.

# dimensions of wellness

## wellness (wel-nis)

*noun*

an active process of becoming more aware of, and making choices toward, a more successful existence through a multi-dimensional approach to personal health

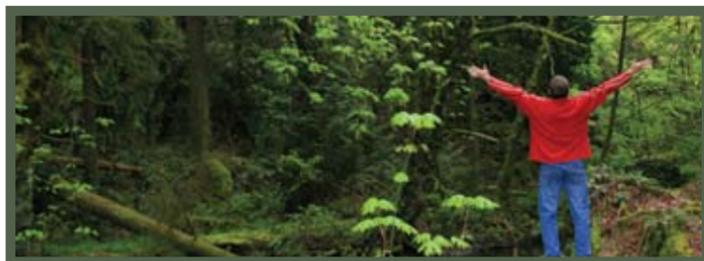
## social wellness

Understanding and valuing the interconnectedness we have as human beings is at the root of social well-being. We learn that respect of one another extends to one's family and community through effective communication. Living socially well involves recognizing the importance of promoting a healthy living environment, and respecting the natural world. With this perspective, an individual strives for positive, interdependent relationships in an effort to foster a harmonious way of living.



## emotional wellness

Being emotionally aware — accepting, managing and expressing one's feelings — allows one to make healthy choices, leading to healthy behavior. Being self-aware and accepting of our strengths and limitations helps us to lead a fulfilled life. Seeking out and nurturing healthy relationships based on trust, commitment and respect helps us live a fulfilling life; understanding when to lean on those relationships — when we cannot 'go it alone' — keeps us emotionally well. Have a positive outlook and recognize challenge, risk and conflict as a potential for emotional growth.



## physical wellness

Being an active participant in one's own health, and making health a priority, is the foundation of physical wellness. Being regularly physically active, and understanding the relationship between activity and proper nutrition, leads to an awareness of how our bodies best function, how we feel, how we experience stress and how to develop balance in our lives. Making personal health choices and taking responsibility for appropriate medical care is vital. Our bodies are expressions of how we choose to live.



## spiritual wellness

A person engaged in the process of spiritual wellness realizes the importance of questioning the meaning and purpose in their life and the lives of others. There is an appreciation that not everything can be completely understood. As we evolve spiritually, we can become tolerant of other viewpoints, while still holding fast to our own values, goals and purpose. It can give us a sense of unity, of wholeness, and turn thoughts into action.



## occupational wellness

Finding satisfaction in work that is both rewarding and meaningful, and utilizes unique skills and talents, is an expression of occupational wellness. We can express values and commitment through paid or volunteer work which contributes to the well-being of a group or community. Finding passion for one's work contributes to a rewarding lifestyle.



## intellectual wellness

Intellectual wellness is simply a commitment to life-long learning. It involves seeking out opportunities beyond "book knowledge" — to include creativity, critical thinking, and being intuitive and expressive. It allows us to focus on achievement of our personal development.



**Hello.**   
We're MinuteClinic.<sup>®</sup>

Our certified nurse practitioners and physician assistants evaluate, diagnose, recommend treatments and provide prescriptions\* for a variety of common family illnesses.

\*when clinically appropriate

For more information visit our website at [www.minuteclinic.com](http://www.minuteclinic.com)  
or call  
**1.866.389.ASAP (2727)**

**No appointment necessary.**

# Encouraging a Culture of Wellness in the Workplace

*Lisa Lemler – assistant director for programs and wellness,  
Department of Recreational Sports*

At ten minutes until noon, Diane Sinnett, an administrative support staff member from the Department of Recreational Sports, grabs her shoes, walks down the hallway to her colleague Kristin Buttacavolli's office, and heads to a lunch hour muscle class at the University Recreation Center. They leave the class a bit early, freshen up and are back in their offices shortly after 1p.m.

Maybe it's easy for Sinnett and Buttacavolli because they work for Recreational Sports and the facilities are close; or maybe it's because of where they work that they feel a sense of obligation to be active. Or perhaps there is something more: motivation, even encouragement, to maintain health. Perhaps it is inspired by leadership. "I have told all of our staff that everything we do in Recreational Sports is about personal health and wellness. I encourage all of our staff to participate in our programs, be role models, and help us create a culture of healthy and well lifestyles in our department," says Dr. Jim Turman, director of Recreational Sports.

Departmental support is key for these two University of Minnesota employees, but conscious efforts on campus to achieve and maintain a healthier lifestyle are not specific to Recreational Sports. Other departments at the University are identifying the needs of their staff and seeking out opportunities, resources and time to foster a culture of wellness.

### What Defines a Culture of Wellness?

Organizational culture is how workplace environment, values and norms influence employees' attitudes, beliefs and life experiences and vice versa. Key to understanding the culture of wellness within a workplace is examining those values and norms, the workplace climate, and organizational and peer support toward wellness and health.

The challenge with wellness is that it can be a private and even sensitive matter for some of us. Values are very strong-held beliefs about living, and within an organization, personal values sometimes collide with norms, "the way we do things around here," or expected and accepted behavior. Can the two co-exist within a workplace?

### A Culture of Support

Susan Stubblefield, assistant director of Housing & Residential Life, believes in fostering a culture of wellness. The staff responsible for keeping residents safe and happy were experiencing long hours and on-call duties, finding themselves in stressful and sometimes chaotic environments. Stubblefield credits Laurie McLaughlin, director of Housing & Residential Life, with catalyzing and

*continued on page 8*

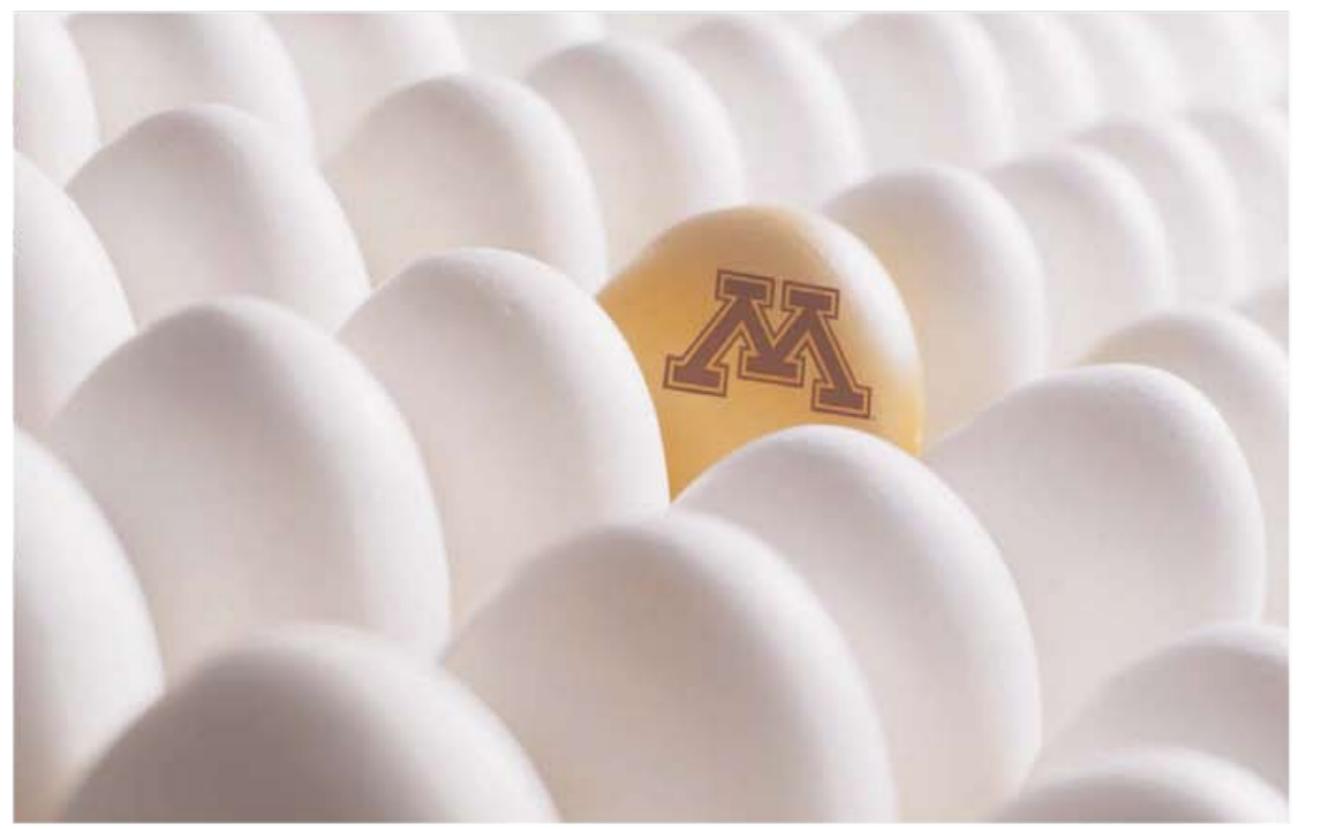


*Susan Stubblefield (top)  
walking with Housing &  
Residential Life staffer  
Jasmine Williams.*



DELTA DENTAL OF MINNESOTA

## Some dental plans aren't everything they're cracked up to be.



## Your dental plan is.

At open enrollment, University of Minnesota employees can select from three affordable dental plan options offered through Delta Dental of Minnesota.

Besides comprehensive coverage for a wide range of dental procedures and great service, you'll enjoy savings thanks to the largest dentist networks in the state.

Turn to the hometown dental benefits expert more Minnesotans trust than any other.

I have seen that people with common goals, making healthy choices, carry over the same energy and motivation to their work.

-Bob Janoski, director of Central Security

Culture of Wellness (continued)

embracing a conscious effort to change the culture. Staff members began to schedule 20-minute walks into their work day, which also allowed them to complete rounds of other residential buildings. In addition, staff are encouraged to coordinate schedules to balance work and health; their workdays may be adjusted to allow time for physical activity before or after work, as long as there is appropriate office coverage. "If you have on-going support, supervisors can find the appropriate balance between flexibility and an acceptable workday," says Stubblefield.

Stubblefield also says that modeling lifestyle behaviors communicates a strong message. Over time, Susan has come to realize that being physically healthy allows her to manage stress and the demands of the residential-life environment. Fellow colleagues know she is physically active, sending a subtle message that taking care of herself also gives her the stamina to take care of business. With Stubblefield's modeling and McLaughlin's leadership, resident staff have continued to seek ways to better themselves physically, intellectually and socially.

Peer Support Makes All the Difference

According to Dr. Judd Allen, nationally recognized health promotion expert, more than 70 percent of employees attempt to adopt a new healthy lifestyle practice. In reality, fewer than 20 percent are successful. Supportive leadership places an importance on presenting wellness opportunities to its employees, but peer support can mean the difference between dabbling and long-term lifestyle change. At the Department of Central Security on campus, Director Bob Janoski took the initiative to introduce employees to wellness resources on campus. Since then, the employees have continued to foster a lasting culture of motivation and peer support.



In 2005, Janoski decided to examine how the Central Security workplace could be healthier. Central Security is a 24-hour operation on campus, and a majority of staff need to be physically fit to meet the demands of public safety work. Janoski invited Recreational Sports personnel to a staff meeting to present basic health and fitness information. Janoski, with support from Greg Hestness, chief of police and assistant Vice President for the Department of Public Safety, provided the information and offered passes to the recreation center in the hopes that staff would be motivated to become more physically active. The message was generally well-received — people began to bike to work, schedule walking meetings, or come in before a night shift to work out. Janoski noticed that fruits and vegetables and bottled water started to appear at meetings alongside other typical offerings.

Perhaps most interesting is how the work climate in the department is evolving. "People have been supportive of each other and of efforts to make lifestyle changes," Janoski says; "I have seen that people with common goals, making healthy choices, carry over the same energy and motivation to their work."

Valuing Total Well-being

Many people, such as the employees within Central Security and Housing & Residential Life, first seek better health through physical activity or sound nutrition choices. Often, small lifestyle changes in the physical dimension catalyze a quest for total well-being in other dimensions: social,

spiritual, occupational, emotional and intellectual. But the door to wellness opens differently for every individual.

In 2005, some of the Office for Student Affairs staff decided it would be important to set aside time to share resources and discuss student development theory. What soon evolved was a pure discussion group with topics varying from student development and current parent/student issues, to art and books, to simply sharing life experiences. One of the most compelling discussions recently focused on spirituality, a topic chosen by the staff.

Carol Bjorklund, director of communications for the Office for Student Affairs (OSA), recalls her initial trepidation in exploring this topic in one of the discussion groups. "Many people confuse spirituality and religion," she says. "However, the discussion is vital in understanding the student development experience — that students are not solely on an academic quest while here at the University, but are here to get a well-rounded education — both inside and outside the classroom. We need to be able to mentor that."

Bjorklund believes these discussion groups, held informally two to three times per semester, have positively affected the workplace. "There is intentional communication about what is happening in the 16 departments in Students Affairs. We are breaking down silos, and strengthening interpersonal relationships," she says. The results reflect what she views as a dominant culture shift at the University. She believes

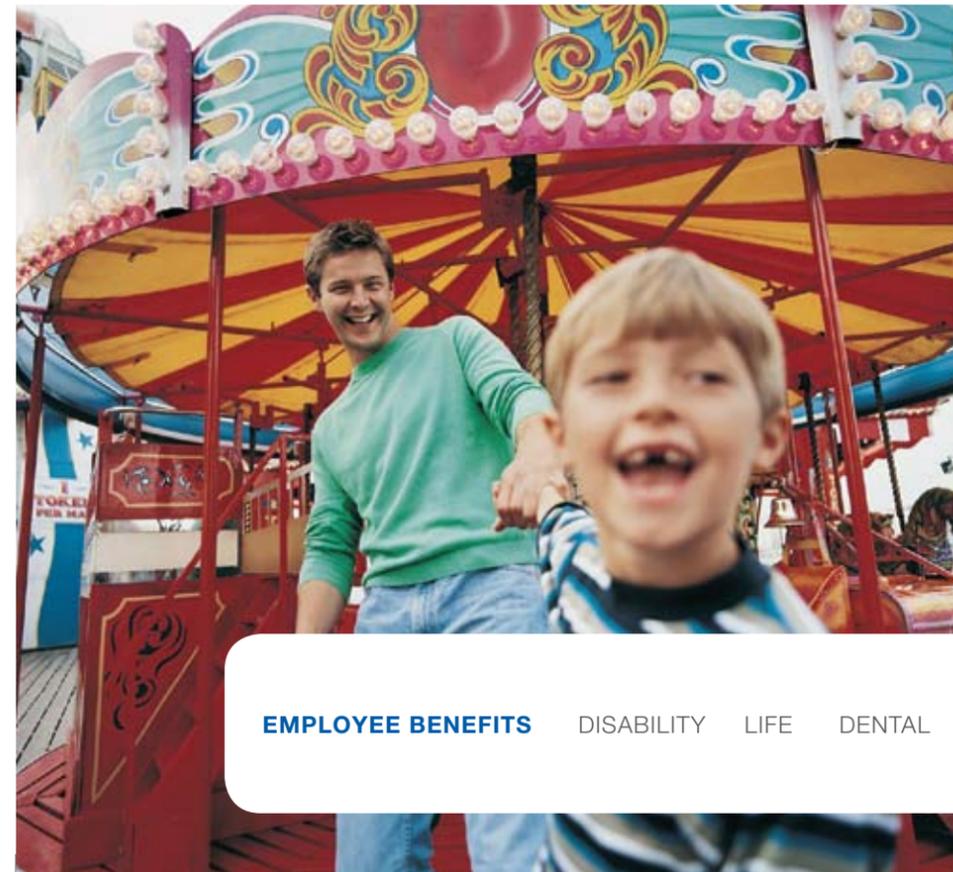
that conscious efforts, such as taking time to reflect and communicate with colleagues, have created a heightened awareness of total wellness on campus.

Climate for Wellness Success

Innovative approaches to enhancing well-being on campus, such as those at Central Security, Housing or OSA, impact the workplace climate and personal lives. Employees begin to adopt a sense of community, a positive outlook and a shared vision not only in the workplace, but on a personal level as well.

Leadership in many departments on campus have placed value — heartfelt belief — on the importance of a healthy staff. From modeling healthy behavior, as Chief Hestness does in taking time to work out regularly, to providing opportunity and information, the Central Security staff is taking steps to redefine "how we do things around here." And while department and institutional support is essential, individual initiative has proven equally important.

We all play a role in shaping the culture of wellness at the University. Supportive relationships, motivating climates and a re-examination of individual values can lead each of us — and ultimately the entire University community — to foster a culture of wellness. Carol Bjorklund believes the University is on the cusp of its wellness potential. "This is just the beginning," she says, "it's ultimately about living better."



EMPLOYEE BENEFITS    DISABILITY    LIFE    DENTAL

YOUR LOCAL EMPLOYEE BENEFITS EXPERTS

Standard Insurance Company offers an extensive portfolio of group insurance products to serve the needs of employers. For more information, contact your local Employee Benefits Sales and Service Office at 800.633.8575.



INSURANCE  
RETIREMENT  
INVESTMENTS & ADVICE

STANDARD.COM 800.633.8575

The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of Portland, Ore. in all states except New York, where insurance products are offered by The Standard Life Insurance Company of New York of White Plains, N.Y. Investment services are offered through StanCorp Investment Advisers of Portland, Ore. Product features and availability vary by state and company, and are solely the responsibility of each subsidiary.

# Campus Wellness in Action

Many organizations, units, departments and individuals around campus deliver a variety of programs and events as part of a conscious effort to enhance the culture of wellness at the University of Minnesota. The following are a few recent examples found on campus:

## University of Minnesota Farmers Market

The University of Minnesota Farmers Market on the Twin Cities campus enjoyed its third successful season with more than 3,000 visitors on opening day alone. The market, held every Wednesday on the Church Street mall in Minneapolis, offered locally grown flowers, berries and produce. For the first time, the market continued into late September, and featured the Minnesota Landscape Arboretum and apples developed by University researchers.



*Fresh and local choices at the Farmers Market.*

Market-goers received a complimentary canvas tote bag and could visit with members of the Wellness Collaborative who offered complimentary mint iced tea, chair massages, fitness tips and other wellness-related information.

"I have enjoyed getting locally grown produce for my family and being able to support the community. It's a nice way to spend my lunch hour," says Amanda Smoot, College of Design employee.

The annual Farmers Market is sponsored by the Office of Human Resources Employee Wellness Program.

## Healthy Matters: Student Wellness Campaign

The Healthy Matters educational campaign aims to promote health and wellness amongst students at the University of Minnesota. The campaign is a collaborative effort between the Department of Recreational Sports, Boynton Health Service and Housing & Residential Life, who contribute to the Healthy Matters educational poster series.

The posters teach students about the dimensions of wellness, topics and issues as they relate to a typical day in the life of a student. They also provide credible on- and off-campus resources for more information about a particular topic. The series' main themes include Healthy Body (physical wellness), Healthy Balance (nutrition), Healthy Being (disease prevention) and Healthy Mind (mental wellness). Additional programs and events are scheduled each semester.

## Wellness Collaborative Web site

The Internet has become a popular and comprehensive source of health and wellness information. The Wellness Collaborative, in partnership with the Health Sciences Libraries, invites you to discover more about wellness in general. Visit [www.biomed.lib.umn.edu/discoverwellness](http://www.biomed.lib.umn.edu/discoverwellness) to link to selected high-quality wellness resources and learn more about the Wellness Collaborative.

For more in-depth wellness resources, watch for a new wellness Web site coming spring semester. The Web site, sponsored by the Wellness Collaborative for the University of Minnesota Twin Cities community, will help foster a culture of wellness at the University by featuring campus resources, an electronic version of the Wellness Works magazine, and information from University experts and Collaborative members.

## Share Your Stories

Does your department or unit offer programming to enhance the culture of wellness at the University? Would you like to contribute your story for possible inclusion in future editions of Wellness Works?

Email [recsports@umn.edu](mailto:recsports@umn.edu) and type "Wellness in Action" in the subject line.

great taste  
vitamins  
calories



zero calories  
per serving

**DA SANI plus™**  
Vitamin Enhanced Flavored Water Beverage

**cleanse + restore**  
with vitamin E + vitamin B3 + vitamin B6 + vitamin B12  
Zero calories per serving  
pomegranate blackberry flavor with other natural flavors

**defend + protect**  
with vitamin E + zinc  
Zero calories per serving  
orange tangerine flavor with other natural flavors including ginseng

**refresh + revive**  
with vitamin B3 + vitamin B6 + vitamin B12 + chromium  
Zero calories per serving  
kiwi strawberry flavor with other natural flavors including guarana + ginseng

**Vitamin Enhanced Flavored Water Beverage**  
**Natural Fruit Flavors**  
See details on label

**taste it!**

# Leave No Child Inside

## Children and Nature: A Natural Attachment

*Martha Farrell Erickson - director, Harris Programs at the Center for Early Education & Development; co-chair, President's Academic Initiative on Children, Youth & Families*

Yesterday, after hours of meetings, I hopped on my new lime green bicycle to ride around the city lakes before dinner. Zipping along, I relished the breeze on my face. Then, with time to spare, I lay down in the grass to watch the clouds drift by. Ah, summer!

Moments like these take me back to my 1950s childhood and the countless hours I spent riding my bike, exploring the woods on the edge of town, sometimes imagining myself in some Nancy Drew-type mystery. I remember, too, my children's outdoor exploration in the '70s — Erin stopping to "smell the roses" (every one of them!) in the Lake Harriet Rose Garden; Ryan coming home covered with mud, eager to tell about the frogs and bugs he found along Minnehaha Creek.

But how many children today are creating those outdoor memories? Not many, according to a recent review of studies of how children spend their time. Kids today spend much more time indoors compared to their parents, often using technology. Even when outdoors, kids today are usually involved in activities directed by adults. Some schools have even eliminated recess, removing one of the few opportunities for kids to run and play during the school day. And it is rare to find a school that capitalizes on the rich natural learning opportunities available outdoors.

This growing separation of children from nature distressed my friend, Richard Louv, a San Diego journalist with a passion for nature and the environment. So a few years ago he decided to explore the causes and consequences of this disconnection and to seek solutions to the problem. The result was the best-selling book, *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder* (2005).

In interviews for the book, Louv uncovered at least three major reasons why children were staying inside: 1) parental fear — particularly of "stranger danger," even though statistics suggest stranger abduction is lower today than it was in the 1970s; 2) technology and its nearly addictive power over kids; and 3) in some communities, lack of access to safe outdoor spaces.

Wherever he went, Louv encountered a powerful longing in adults to introduce children to the outdoor experiences they remembered so fondly. His book and speeches fueled a nationwide movement — sometimes dubbed "Leave No Child Inside" — to heal the broken bond between children and nature.



So, why is this issue so important? Although I believe this aspect of children's daily lives has not received the attention from researchers it deserves, a growing body of research shows the high costs to children and society when kids are not engaged in active exploration outdoors. These include:

- childhood obesity and its associated health problems;
- difficulty concentrating and learning in the classroom (perhaps especially for children with attention deficit hyperactivity disorder);
- missed learning opportunities that build on natural curiosity and encourage creativity (many experienced educators see this as the best way to learn); and
- a new generation of adults who care little about the environment because they have not learned to know and love nature firsthand (e.g., one study showed that children who experience nature in the wild before the age of 11 are more likely as adults to be good stewards of the environment).

I also would add to that list lost opportunities to strengthen and sustain a strong, secure parent-child attachment. My major area of research at the U of M has been the development of parent-infant attachment, an important foundation for later competence and well-being. And my own family experience has taught me there's no better way to sustain that warm relationship with your growing child than to leave behind phones, TVs, computers and distracting household tasks to discover the wonders of nature together. Being in nature also makes it easy to follow the lead of your child's natural curiosity and interests — to be sensitive and responsive to your child's cues, a primary ingredient of a secure attachment.

Outdoor exploration with my children throughout their lives has enabled us to stay close and healthy — and to learn together. Now that my children have children of their own, we all are committed to ensuring that they, too, reap the rich benefits that come from experiencing the great outdoors.



### faces of wellness

**Erin Erickson Garner - master's degree candidate, Maternal & Child Health, School of Public Health**

As a child, free time was outside time. I rarely watched TV and we didn't have the then-popular video console Atari. Now, as a busy mom and grad student, nature is still so integral to my peace of mind that I bike, swim and garden every week to unwind. And as a mom, I realize I need to be intentional about letting my children experience nature the way I did; it's easy to just let kids watch a movie or TV. But my three-year-old daughter — intrigued by a mere beetle crawling across a rock — teaches me how little it takes to turn a child on to the wonders right outside our door.

### The Children and Nature Network

Best-selling author Richard Louv and colleagues, including Martha Farrell Erickson, recently formed a non-profit organization called the Children and Nature Network (C&NN) to support and inform the rapidly growing "Leave No Child Inside" movement. The Children and Nature Network:

- brings individuals and organizations together to share ideas, resources and research;
- publicizes the child/nature problem to parents, educators and politicians and others; and
- provides creative strategies to give children safe, fun and educational experiences outdoors.

To learn more about what you can do to ensure no child is left inside, check out the Children and Nature Network, [www.cnaturenet.org](http://www.cnaturenet.org). Then turn off your computer and get outside!

pursue harmony  
and interdependence  
with others and nature

# Eating Locally

## Lunch Can Be Good for You and Your Neighborhood

*Christine Twait – nutrition specialist, Boynton Health Service*

*You want to eat healthfully. You want a vibrant and thriving community. How can you achieve both goals? Eat locally-grown fruits and vegetables.*

### An Apple a Day

It's pretty common knowledge that incorporating many fruits and vegetables into your diet is vital for good personal health. But once eating well becomes part of your routine, you may want to consider looking at the greater health of your community as a whole. When you do, it becomes apparent that where you get your food can be just as important as what you eat.

### Embrace Your Inner "Locavore"

If you want personal health and community vitality, the three-fold purpose of the sustainable agriculture model (quality of life, environmental protection and economic profit) is a perfect complement. This means becoming a "locavore" — eating local food, defined as sustainably grown crops from within 100 miles. Buying locally grown produce enhances your quality of life through nutritional benefits, and provides social interaction, confidence about agricultural practices, and gratification from harmonizing your purchasing power and values. Local food also benefits the environment. On average, food travels 1,500 miles before reaching your plate, using precious resources for transportation, refrigeration and distribution along the way. Becoming a locavore supports your community financially by creating local jobs and economic growth.



### faces of wellness

**Carrie Earthman - assistant professor, Department of Food Science and Nutrition**

I eat locally grown, organic food because it helps my neighborhood food-based economy flourish. As a result, my family and I eat a diverse, vegetable-rich diet. My favorite ways of eating locally are to buy a CSA share, shop at Seward Co-op and the farmers market, and frequent restaurants that support my values, like the Birchwood Café. I back local, small farms, even over large-scale organic because I believe they are using the most sustainable, responsible agricultural practices.



### How to Eat Locally in the Twin Cities

There are three strategies you can use to eat more local food. First, purchase a share in a Community Supported Agriculture (CSA) farm. With this arrangement, members exchange an advance fee for a box of fresh produce each week during harvest. The Land Stewardship Project maintains a database of more than two dozen CSA farms (see Resources for Eating Locally).

The second strategy is to purchase local food at nearby farmers markets. The University of Minnesota Farmers Market operates on the Twin Cities campus Wednesdays in the summer from 11 a.m.-2 p.m. Minneapolis and St. Paul farmers markets are open through October. Other farmers markets are listed on the Land Stewardship Project Web site (see Resources for Eating Locally).

Third, patronize restaurants that source local ingredients. Our own University Dining Services partners with Food Alliance Midwest and the Heartland Food Network to purchase as much locally grown, organic, sustainably produced food as possible. The Heartland Food Network sponsors a Third Thursday event each month during which select chefs in the Twin Cities create featured dishes using locally grown ingredients.

Overall, being a "locavore," by purchasing locally grown fruits and vegetables, is an easy way to enhance your own health and wellness, help your community flourish, and do your part in reducing the environmental cost of food.



### Resources for Eating Locally

**For more on the health benefits of fruits and vegetables:**

American Institute for Cancer Research  
[www.aicr.org](http://www.aicr.org)

Centers for Disease Control and Prevention  
Fruits & Vegetables Promotion  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**For more on sustainable agriculture:**

Edible Twin Cities  
[www.edibletwincities.net](http://www.edibletwincities.net)

Minnesota Institute for Sustainable Agriculture  
[www.misa.umn.edu](http://www.misa.umn.edu)

Land Stewardship Project  
[www.landstewardshipproject.org](http://www.landstewardshipproject.org)

Food Alliance Midwest  
[www.foodalliance.org](http://www.foodalliance.org)

**For more on how to eat locally:**

Third Thursday Promotion with  
Heartland Food Network  
[www.mnproject.org/food-thirdthursdays.html](http://www.mnproject.org/food-thirdthursdays.html)

University of Minnesota Farmers Market  
[www1.umn.edu/ohr/wellness/market](http://www1.umn.edu/ohr/wellness/market)

University Dining Services  
Sustainability Policy  
[www.umn.edu/dining/awareness.html](http://www.umn.edu/dining/awareness.html)

commit to regular  
physical activity, sound  
food choices and medical self-care

# Soothing Campus Stress

## The Present Moment Project

*Steve Mitrione - research fellow, Minneapolis Design Center*

### The Epidemic

Stress. It isn't always a bad word. In fact, stress is a normal part of our human physiology — it was critical to the preservation of the species. It still helps us get things done and mobilizes us during a crisis. But stress has now become an unhealthy epidemic. Continually focusing on “tomorrow” rather than “now” has led to chronic health problems from high blood pressure to obesity.

Fortunately there are antidotes older than the prescription bottle — the simple practices of contemplation and immersion in nature. This fall, three University of Minnesota professors will set up a temporary campus lab, an “intentional contemplative environment,” to track the best stress reduction methods for a university setting. That information will then be used in further investigations by the team members and to potentially create a permanent space to alleviate stress on the University campus.

### A Walk in the Woods

Why do contemplation and nature diminish stress? Contemplation, such as Zen meditation and yoga, focuses the mind on an object, thought or on breathing. It cuts out the brain-chatter that time pressure induces, creating lower blood pressure and muscle tension and a sense of well-being. Virtually every religion and culture has methods to achieve a contemplative state.

As for nature, research indicates that a walk in the woods, or a look through a nature magazine, can have a calming effect similar to meditation. According to the Biophilia hypothesis, this effect may be genetic. It states that all humans have an ancient, inherent response to cues such as lush vegetation, flowers and the presence of water, which may have signaled to our ancestors they could “relax.”

### The Present Moment Premise

The “Present Moment Project,” funded by a grant from the Institute for Advanced Study, will be housed in the Nolte Center Study Lounge, and designed using the diverse skills and expertise of each member: medicine, biotechnology, contemplative gardens, new media art, new materials research and knowledge about the power interior spaces have on the human body.

“We see this project as testing strategies and mockups as opposed to one final design idea being implemented,” says team member Rebecca Krinke, associate professor of Landscape Architecture. “These ideas may include overlays to the existing space, such as temporary wall or floor treatments, lighting and innovative furnishing design.”



Krinke says the goal of the space, which will be a unique contemplative space like no other in the world, is to attract people who walk by to be intrigued and want to stop for a moment. “We imagine that the space will provoke curiosity and that a visitor may be enticed to sit a moment — or longer — and enjoy an unusual, but restful experience.”

She says the space will use many elements found in successful contemplative spaces, especially nature, since it is a known stress reducer. “What a visitor might see are natural materials, a special quality of light, a digital projection of nature, a floor of pine needles, etc.,” she says.

Krinke also says the space is open to anyone who simply wants to take a look, or sit, read, talk or engage the biofeedback interface when it is added in spring 2008. She says the space is there for the visitor to decide to engage or not in any way he or she chooses.

The team will also use “poetic” rather than medical biofeedback, using image, kinesthetic movement or sound instead of a traditional heart beat pattern. Participants will learn how to slow their heart rates, reduce stress levels and gain insight into how physiology is influenced by environment — in this case, the University community and its campus.

According to Krinke, this approach to biofeedback is entirely unique. “To our knowledge, our goal to present biofeedback information in an aesthetically compelling way has not been explored before.”

Other team members include Diane Willow, assistant professor of time and interactivity in the Department of Art, and Henry Emmons, M.D., faculty psychiatrist at the Center for Spirituality and Healing.

*Steve Mitrione, a family physician, recently graduated with a master's degree in Landscape Architecture studying the effect of designed environments on health and recovery from illness.*



## faces of wellness

**Marie Jules**  
student, College of Continuing Education

A Major and JAG in the Air Force, I recently returned from duty in Iraq. A commitment to life-long fitness is integral to my overall well-being. I find a lot of support exercising at the Recreation Center. When you take an academic class, you might see a completely different group of people each time, but here, there are the same friendly faces. It's a family type atmosphere. They remember you, and want to know how and where you've been — they care.

## Present Moment Techniques for Reducing Stress

- Have regular contact with nature, natural materials or phenomena, visuals and/or sounds.
- Find a space where you can “be away.” A key attribute of a restorative experience is a sense of physical separation from the every day world or activities.
- Simplify your surroundings. Contemplative spaces often have a minimalist, or reductive, design to counteract the sensory overload of an overly complex world.
- Find a visual center of focus. It will pull your attention back to the present.

### Campus Resources:

*Comfort Zone Stress Management Workshop, Boynton Health Services* Free and open to students, staff and faculty. Classes include Tai Chi, Yoga and Pilates. For information, call 612.625.6410.

*The Center for Spirituality and Healing* offers classes on mindfulness meditation. For information, call 612.624.9459.

recognize emotions and feelings in oneself and others

# Step to It!

## Walking Program Brings Wellness Awareness to UMPHysicians Employees

*Todd Mestad – benefits and service center manager, University of Minnesota Physicians*

Does walking along the rugged North Shore of Lake Superior sound invigorating, healthy and fun? About 250 UMPHysicians employees thought so, recently managing it in five weeks, with each team racking up to 800 miles in a simulated trip along the North Shore.

Sponsored by UMPHysicians, the third “Step to It!” program rewarded participants with special gifts at destination points in their “journey.” When they walked enough miles to have theoretically made it to Grand Marais, for example, they were given bumper stickers from the well-known pizza establishment, “Sven and Ole’s.” Those who managed the whole length of the North Shore — 800 miles — received a plush toy loon.

Participation was voluntary and employees purchased a pedometer to keep a record of their miles on a weekly basis. Employees walked in teams of four. Team members kept each other informed of their progress via email on a weekly basis. The element of competition helped motivate team members to meet individual goals of walking 40 miles per week.

Tyler Rogstad, a UMPHysicians employee who participated in this and the previous walking campaigns says, “It was an opportunity to force myself to do what I already know is good for me. Knowing that my teammates have expectations for me is a powerful reinforcement, plus it’s a lot of fun.” Rogstad adds, “The fact that my company sponsors this activity is an indication that it values the health and well-being of its employees. While there are many



### faces of wellness

**Serena Johnson – Women’s Health Clinic, lead clinic services coordinator, University of Minnesota Physicians**

Wellness is not merely the absence of disease or how well you manage stress. It is caring for the whole person — body, mind and spirit. Part of wellness for me is using my heart to guide my dreams and desires, and my mind to pursue knowledge and balance my obligations. UMPHysicians supports its employees’ wellness because it views wellness as a lifelong, conscious decision to shape a more balanced, fulfilling and healthy lifestyle — at home and at work. The walking program and health fair, both of which I took part in, are wonderful examples of that support.



values UMPHysicians holds in common with other companies, our commitment to helping employees find a healthy lifestyle sets us apart. The ‘Step to It!’ program is a manifestation of that commitment.”

And, according to Rogstad, an added perk from the walking program was the “spill-over” effect. “My wife has taken an active interest in a walking regimen and is even counting her steps with my pedometer,” says Rogstad.

Why does UMPHysicians sponsor the “Step to It!” program? Regular physical activity helps prevent many chronic diseases and conditions such as heart disease, colon cancer, type 2 diabetes, osteoporosis and conditions associated with obesity, such as stroke and arthritis. According to the U.S. Department of Health and Human Services, if most Americans adopted a daily routine of brisk walking, the results would be savings of billions of dollars in healthcare costs related to these conditions.

In addition, most of the increase in health spending in the U.S. during the past 15 years has been due to modifiable risk factors such as obesity, smoking, poor diet, lack of exercise, and stress. Employers must address behavior risks such as these to get control over ever-rising health care expenditures. Not only do they affect the amount employers pay for their employees’ health care, but also the amount employees pay through increased monthly premiums and out-of-pocket costs.

UMPHysicians embraces a wellness culture in several other ways, including employee discounts for health club memberships, yoga class sponsorship, and by holding an annual wellness fair. Ultimately, these occupational wellness dimensions not only help employees become more physically healthy, but gives them personal satisfaction and greater life-enrichment through and at work.

Knowing that my teammates have expectations for me is a powerful reinforcement, plus it’s a lot of fun.  
- Tyler Rogstad, UMPHysicians employee

### 10,000 Steps

#### U Employees Stepping Up to Better Health

More than 5,300 University of Minnesota employees are enrolled in the HealthPartners 10,000 Steps® program offered through the Employee Wellness Program.

Participants receive a free pedometer, set a goal for improved fitness and accumulate steps or convert all kinds of activity — like bicycling, gardening, or swimming — to steps. Research shows that when a walker wears a pedometer he or she is more likely to stick to a daily physical activity routine. In an e-mail to the program, one woman wrote, “I still have my pedometer and use it daily.”

UPlan members who complete the eight week, 10,000 Steps® program are awarded a \$65 wellness reward.

For more information on the HealthPartners 10,000 Steps® program, visit [www.umn.edu/ohr/wellness](http://www.umn.edu/ohr/wellness).

10,000 Steps® and Count on Feeling Great!® are registered trademarks of HealthPartners, Inc. This document contains copyrighted materials of HealthPartners, and is used with permission of HealthPartners. All Rights Reserved.

finding personal satisfaction and enrichment through work

# The Spiritual Core of Peacemaking

Storytelling, Mindfulness and Compassion

*Mark Umbreit - professor and founding director, School of Social Work Center for Restorative Justice & Peacemaking; faculty, Center for Spirituality & Healing*

I'm often asked about the journey of peacemaking. The spiritual core of peacemaking is about honoring the enormous healing power of story: listening to our own woundedness, acknowledging others' pain without judgment, and nurturing the innate wisdom and yearning for peace within us all. During the journey, we must be mindful of our ego's thirst for recognition and control. Mindfulness also encourages us to tame our minds with their endless chatter so we can be fully present through the turbulence of inter- and intra-personal conflict.

Creating a safe place where people in conflict can tell their story has been at the core of healing throughout the ages. Arguments keep us in our head, while telling stories touches our heart. When I work with victims of severe criminal or political violence seeking mediation and dialogue with those who have hurt them (including Jews and Palestinians in the U.S. and in Israel/Palestine, or Catholics and Protestants in Northern Ireland) much of my "intervention" involves compassionate listening and acknowledgement of the trauma for all involved, without judgment or prescription.

## Cultivating Mindfulness

We can all be peacemakers. But peacemaking begins by being wholly present with the conflict: in our mind, body and spirit. Learning to be fully present in our life and work, with no illusions of control, is not easy, especially in Western culture. There are, however, a number of spiritual practices that cultivate such a presence, the most relevant to peacemaking being mindfulness. Cultivating mindfulness means that we consciously strive to stay present in the moment, or as pioneer John Kabat-Zinn says, cultivating "openhearted, moment-to-moment, non-judgmental awareness."

Other practices that help us integrate spirituality into our life include yoga, Tai Chi and Chi Gong. Each cultivates the power of breath to promote healing and

**We can all be peacemakers. But peacemaking begins by being wholly present with the conflict: in our mind, body, and spirit.**



a compassionate presence with others. After living in China and learning Chi Gong from Taoist masters, my approach to conflict has changed profoundly. I no longer focus on conflict's cognitive and verbal expressions. Instead, I work with the energy of conflict, from both sides. The powerful non-verbal language of our bodies and spirit excel in understanding conflict and allowing the path toward healing to begin.

## Path of the Peacemaker

The journey of peacemaking requires that we first walk the path ourselves. Finding the stillness within us is

essential. This is often accomplished through meditation, prayer or meditative movement. The power of stillness has nothing to do with control over others. Instead, its power tames the energy of our mind and ego. It allows us to recognize that peacemaking is not reliant upon our technical expertise, but in the capacity of conflicted, often traumatized, people to find their own strength and help each other heal. As peacemakers, each of us can offer a sacred place for the power of story to begin the healing process.

Ultimately, the spiritual core of peacemaking is grounded in humility and compassion. It requires the ability to not make assumptions about others' needs, so we as facilitators don't impose judgments. Peacemaking with others — and within ourselves — is about building bridges. Make no mistake, real peacemaking is not a quick fix, it is a journey, but one we can each make. May we all find the strength to walk this path.



## faces of wellness

**Mark Umbreit - professor and founding director, School of Social Work Center for Restorative Justice & Peacemaking; faculty, Center for Spirituality & Healing**

For me, spiritual wellness cannot be achieved without an engaged spirituality. Finding peace within oneself is one-dimensional and only half the equation. I believe that true wellness has everything to do with slowing down, taming the ego, and realizing the enormous power of unintended consequences. It's about learning to think and speak from the heart, not just the head. If we can ground ourselves in the heart, we will be able to walk the path of authentic peacemaking ourselves and with others who cross our path.

## Five Steps for Peacemaking in Your Life

1. Focus on here and now. Slow down. Breathe deeply. Keep life and conflicts in perspective but become responsible for your feelings and behavior.
2. In a spirit of humility, seek guidance in confronting shortcomings, especially those which may contribute to conflict or violence.
3. Be mindful of your actions and their effects on others, and when you've offended another, intentionally or not, admit it and apologize.
4. Forgive those who have offended you. Remember, most people don't mean to offend, but actions can frequently lead to unintended consequences.
5. Commit to being an instrument of peace and healing. Don't hang on to resentment or anger. Let it go. Remember, the greatest beneficiary of forgiveness is the person who gives it.

explore meaning and purpose in human existence

# Shifting Paradigms

## An Interdisciplinary Approach to Learning

*Roger Miller - associate professor of geography; director of graduate studies for the Master of Liberal Studies, College of Continuing Education*

As our world increasingly becomes a “global village,” it would seem that a greater connectedness and interconnectedness should lead to greater understanding of other cultures. But instead what it often reveals is how great those differences are and how much we have to learn about them.

The interdisciplinary Master of Liberal Studies (MLS) program at the University of Minnesota was created with this new world order in mind — it teaches students to frame their research using multiple lenses or paradigms — a relatively new approach in the academic world.

“I’m constantly amazed at the ingenuity of our students. I’ve been with this program since its inception 14 years ago, and I continue to see students bring together seemingly divergent disciplines and create something innovative and pertinent to their personal and professional goals,” says Jo Ellen Lundblad, associate program director of the MLS program.

For over a century, knowledge in the natural and social sciences was created and gathered using a set of carefully defined, *separate* disciplines. Each examines a sliver of the world from an ever-more finely honed set of assumptions and methods. This method is based on a principle for the natural sciences created by William of Ockham in the 14<sup>th</sup> century, stating that the simplest possible explanation of a natural phenomenon was preferable to more complex explanations requiring more assumptions.



### faces of wellness

**Becky Mooney – assistant academic advisor, Department of Psychology**

I completed my master’s degree in Liberal Studies two years ago, and I believe it strengthens my role as an undergraduate academic adviser. Interdisciplinary education, specifically my experience with the MLS program here at the University, challenges students to open their minds and think critically, and leads students to examine topics with clarity and a variety of perspectives. I am a self-described life-long learner: even my kids recognize it, which I believe sets a good example for them. My avid affection for learning crosses disciplines and enriches me as a person. Because of it, I can pass along knowledge, perspective, and a passion for learning and critical thinking to my children and my advisees.



This “simplest explanation” principle, still highly applicable in the natural sciences, eventually began to break down when transferred to the ever more complex and unpredictable nuances of human social activity.

Interdisciplinary studies teaches students to view complex social systems critically, and more importantly, compassionately, making it easier to relinquish another key idea from nineteenth century thought — that it is our job to dominate and control the world around us and that the purpose of knowledge is to help us seize that control.

Lundblad says even students in the MLS program find the traditional way of viewing the world difficult to relinquish. “Though students enter the program relishing the idea of interdisciplinarity, it often takes time to come to grips with it,” she says. “But Liberal Studies seminars, taught by our expert faculty, help students dive in and dig deeper.”

As the world shrinks and gathers speed, an interdisciplinary perspective may help us better understand how we fit into its beautiful, indeterminate, and stunning complexity and learn to simply and non-judgmentally “be” in it.

since [the program’s] inception  
**14 years ago**  
...I continue to see  
students bring together  
seeming divergent disciplines...

- Jo Ellen Lundblad, associate director of MLS program

### Strategic Investment in Interdisciplinary Research and Education

During the University’s strategic positioning process, multiple task forces identified fostering interdisciplinary activity as a critical institutional priority.

Strategies for interdisciplinary research and education success include:

- fostering a culture of collaboration across traditional administrative boundaries and academic silos to create a culture that rewards outstanding interdisciplinary research, teaching and outreach;
- fostering innovation and excellence in collaborative research and scholarship to encourage an innovative organizational model to support collaborative research;
- supporting education and training programs to prepare future faculty and leaders to utilize the tools and methods of multiple disciplines to solve complex social and intellectual problems;
- exploring changes in institutional policies and practices needed to ensure that collaborative work is adequately valued and interdisciplinary work can flourish; and
- providing substantial central investment, incentives for cross-college collaboration, support for selected centers of interdisciplinary inquiry, and new investment to foster collaboration across academic functions.

Source: “Transforming the U for the 21st Century: Strategic Positioning Report to the Board of Regents” (2007)

appreciate learning through creative and stimulating mental activities

# It's not about age.

If you think you're too young to experience the need for long term care insurance, think again.

Long term care can be necessary at any point during your life, due to an accident or illness.

Long term care insurance can help you handle the cost of care, if you, or a loved one, ever need it. John Hancock Life Insurance Company and the University of Minnesota are pleased to present the **UPlan Long Term Care Insurance Plan**. To learn more about how this very important coverage can help you and your family, stop by our table at the Health & Benefits Fair this coming November.

**John Hancock Long Term Care Insurance at The University of Minnesota November Health & Benefits Fair**

**November 6, 2007:**

Minneapolis Campus in Coffman Union -  
10 a.m. to 3 p.m.

**November 7, 2007:**

St. Paul Campus in the Student Center -  
10 a.m. to 3 p.m.



Long Term Care Insurance is underwritten by  
John Hancock Life Insurance Company, Boston, MA 02117.  
UMinn Ad 07/07

*John Hancock*  
LONG TERM CARE  
INSURANCE

## Shaping Our Work Culture

Tools for Integrating Wellness into the Workplace

*Larry Chapman - senior vice president, WebMD; editor, American Journal of Health, and Art of Health Promotion*

As wellness becomes a more widespread and accepted part of the work culture at the University of Minnesota, it builds on itself, creating more and more opportunities to integrate wellness in to every aspect of work life on campus. Fortunately, there are a number of concrete ways a manager, supervisor or an employee can more fully adopt wellness philosophy and initiatives into a University department, or even help promote them campus-wide.

### Workplace Strategies

*Employee Health Benefits.* Consider offering premium discounts and/or incentives for those who meet a minimum number of wellness criteria, such as reimbursement for wellness or fitness programs, or rewards for healthy lifestyle choices and prudent use of health services.

*New Employee Orientation Sessions.* Wellness program activities and issues can be more effectively integrated into our work life by introducing it to employees early on in their employment. Making wellness a component of new employee orientation, as it is currently at the University, creates an immediate personal link to, and interest in, campus wellness for the employee.

*Enabling Activity and Involvement.* Managers can develop and adopt a release time policy that encourages employees to exercise, use fitness facilities, participate in screening programs and attend wellness education activities. This policy is intended to help management encourage supervisors and middle level managers support the program. A mutually agreeable policy between supervisors and employees can be successful, and promote a healthy work/life balance.

### Creating Awareness

*Campus Programs and Facilities.* The opportunities currently available at and around the University — through Recreational Sports, Boynton Health Services and the Office of Human Resources, for example — offer programs and services supportive of health and wellness pursuits. The natural setting by the River Road in Minneapolis and the grounds of the St. Paul campus are great examples of areas conducive to physical activity and socialization.



continued on page 26

## Meet Larry Chapman

senior vice president, WebMD; editor, *American Journal of Health Promotion and, Art of Health Promotion*

Larry Chapman has published more than 170 articles and columns and 13 books on wellness and health cost management. He has provided advice on these topics to the National Institutes of Health, the Center for Disease Control, the U.S. Army, U.S. Air Force, U.S. Navy, the Department of Veteran's Affairs and the Center for Medicare and Medicaid.

Chapman earned a master's degree in medical care organization from the University of Michigan School of Public Health. He has also received numerous professional awards.

Chapman is senior vice president with WebMD, which provides health management services for large-scale employers nationwide. He is also editor of the *American Journal of Health Promotion* ([www.healthpromotionjournal.com](http://www.healthpromotionjournal.com)) and the *Art of Health Promotion* ([www.healthpromotionjournal.com/publications/art.htm](http://www.healthpromotionjournal.com/publications/art.htm)).



**Communication.** Managers and supervisors can provide wellness information through the use of employee newsletters, emails, or even setting aside some time in staff meetings. In addition, numerous University resources provide accessible wellness information for your staff.

**Meetings, Events, and Gatherings.** Meetings and events can have a wellness emphasis or component. Organizing non-competitive games in which all employees can participate increases enjoyment of a meeting or planning retreat. Low-calorie, low-fat and low-sodium foods can be served, and physical and screening tests can be integrated into the activities, as well as other health fair-types of components. Management retreats can be structured to include health-oriented activities, and these can become an integral part of major events and gatherings, further integrating wellness awareness into the culture of the organization.

**Safety in the Workplace.** Wellness issues can be integrated into education about safety and underlying causes of workplace injuries. Resources on campus may be used to help address safety issues in home, vehicular and recreational settings. Consider offering education sessions about lifestyle precursors to selected workplace injuries, such as low back pain, that will further promote wellness efforts in your department.

**Stop-Smoking Programs.** Boynton Health Service can provide on-campus smoking cessation courses for University employees. While smoking was banned on campus as of

October 1, 2007, these programs can complement this policy by helping willing employees kick the habit entirely.

The University has an incredible opportunity to make an impact on its employees, their families and the world around them. Utilizing simple strategies to more fully integrate wellness into the workplace can have deep, long-lasting, positive changes, creating an environment that is more healthy, fun and fulfilling for everyone.



Located on the main level of the University Recreation Center

- Wider Range of Fresh Fruit Smoothies
- Organic Products
- Healthy Grab-and-Go Meals
- Vegan & Vegetarian Friendly

Mon - Thurs: 7AM - 8PM  
Friday: 7AM - 6PM  
Saturday: 9AM - 5PM  
Sunday: 12PM - 6PM

Questions? Call Us  
(612) 625 - 9611

# wellnessworks

UNIVERSITY OF MINNESOTA

## Thank you for reading Wellness Works!

We hope it has helped bring you closer to a better understanding of your personal wellness, and the resources available at the University. For our second volume, we've implemented several changes to address feedback from our readers. Our team is dedicated to continually improving the content and design of the magazine, so please take a moment to share your opinions. We are always interested in the thoughts of our readers.



*Fold Here*

## wellnessworks

UNIVERSITY OF MINNESOTA

1900 University Ave SE  
108 Cooke Hall  
Minneapolis, MN 55455

Campus Delivery Code: 2601

# Fall 2007 Wellness Works Reader Survey

Please take a moment to provide your feedback regarding the fall 2007 issue of *Wellness Works*. Your suggestions are valuable not only to the editorial board, but also to our advertisers who fully fund each issue of *Wellness Works*.

Please indicate your level of agreement with the following statements.

	Strongly Disagree			Strongly Agree	
	1	2	3	4	5
I enjoy reading <i>Wellness Works</i> .					
After reading <i>Wellness Works</i> , I am more aware of wellness resources on the Twin Cities campus.					
Article topics in this publication are of interest to me.					
I found the articles in this issue insightful.					
I anticipate I will use at least one piece of information from this issue of <i>Wellness Works</i> within the next six months.					

Please rank the following dimensions of wellness in order of personal interest, with 1 being the most interesting and 6 being the least.

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Intellectual | <input type="checkbox"/> Occupational |
| <input type="checkbox"/> Social       | <input type="checkbox"/> Emotional    |
| <input type="checkbox"/> Spiritual    | <input type="checkbox"/> Physical     |

Please suggest article topics you would like to see in future editions of *Wellness Works*.

---



---



---

Please offer any additional feedback specific to *Wellness Works*.

---



---



---

How did you receive this magazine?

Campus Mail

Common area of a University building  
please list the location \_\_\_\_\_

Other \_\_\_\_\_

Age

<input type="checkbox"/> 18-21	<input type="checkbox"/> 40-49	<input type="checkbox"/> Male
<input type="checkbox"/> 22-25	<input type="checkbox"/> 50-59	<input type="checkbox"/> Female
<input type="checkbox"/> 26-29	<input type="checkbox"/> 60-64	
<input type="checkbox"/> 30-39	<input type="checkbox"/> 65+	

University Status (please circle all that apply)

<input type="checkbox"/> Faculty	<input type="checkbox"/> Undergrad Student	<input type="checkbox"/> Affiliate
<input type="checkbox"/> P&A Staff	<input type="checkbox"/> Graduate Student	
<input type="checkbox"/> Civil Service/Bargaining Unit	<input type="checkbox"/> Alumni	




**Campus Mail** →

**Instructions:**  
Cut out on the dotted line, fold in half and place in campus mail. If not using campus mail, place in envelope and mail to address provided on reverse.

Cut Here

## Help make the most of your Retirement plan savings with Fidelity funds at competitive costs.

Now you can tap into the world-class investment expertise and experience of Fidelity Investments® to help you maximize your savings in the University of Minnesota retirement plan.

### Enjoy the benefits of working with Fidelity:

- Confidence that your investments are professionally managed to help improve the fund's potential return
- Competitive costs that help to maximize the fund's return
- Simplified investment decision making with Fidelity Freedom Funds®
- Guidance and support—when and where you need it

▶ **Don't wait to maximize your savings opportunities.**  
Find out whether a Fidelity fund makes sense for you. It's easy in a complimentary, one-on-one consultation with a knowledgeable Fidelity professional.

### To arrange your appointment, simply:

- |              |  |  |
|--------------|--|--|
| <b>Visit</b> |  | <a href="http://www.fidelity.com/atwork/reservation">www.fidelity.com/atwork/reservation</a> . |
| <b>Call</b>  |  | 1-800-642-7131 to speak with a Fidelity Representative.  |



Smart move.®

Before investing in any mutual fund, please carefully consider the investment objectives, risks, charges, and expenses. For this and other information, call or write Fidelity for a free prospectus. Read it carefully before you invest.

Keep in mind that investing involves risk. The value of your investment will fluctuate over time and you may gain or lose money.

Guidance provided by Fidelity is educational in nature, is not individualized and is not intended to serve as the primary or sole basis for your investment or tax-planning decisions.

## More Support Needed for New Working Moms

*Kris Stouffer – School of Public Health*



The traditional six-week postpartum recovery period has been defined as the time it takes for a woman's reproductive organs to return to their non-pregnant state. But McGovern's data suggests that physicians should consider more factors when assessing a woman's health and ability to resume important daily activities following childbirth.

The findings may also be helpful in establishing work leave policies that take into account a mother's health and productivity. McGovern says women and their employers should explore options like returning to work at a reduced pace, working from home or parsing out family and medical leave over a part-time schedule.

"Most women are not completely recovered at five or six weeks," says McGovern. "If they are working or about to go back to work, it is important that they, their physician and their employer understand this."

Any new mother can tell you it takes far longer than six weeks to feel like herself again, and for those who go back to work, it can take even longer.

A new study from the School of Public Health agrees, showing new mothers may need more rest, recovery and support beyond the traditional recovery period of six weeks postpartum, and even more support when they return to the workplace.

Pat McGovern, associate professor in the School of Public Health, has followed more than 700 working mothers since 2001, surveying their physical and mental health at various stages in the 18 months following childbirth. The initial findings, concerning mothers at five weeks postpartum, was recently published in the *Annals of Family Medicine*.

Women reported an average of six symptoms, including fatigue, not feeling rested upon waking in the morning, breast discomfort, headaches, back or neck pain and decreased sexual desire. Symptoms were worse for those who delivered by C-section and those who breast-fed.

## Frequent Use of Campus Recreation Facilities May Help Students Succeed

*Tony Brown – associate director for programs, research and outreach, Department of Recreational Sports*

Researchers at the University of Minnesota's Office of Institutional Research, College of Liberal Arts and Department of Recreational Sports are examining the relationship between student use of University recreation facilities and academic success. They recently received an award for paper best demonstrating the importance of institutional research to the field of student retention and success at the National Symposium on College Student Retention.

Aside from the obvious wellness benefits of using University recreation facilities for physical activity, this study proposed that frequent use of recreation facilities by students can help them better integrate into campus life. The University's recreation facilities offer numerous small "communities," such as intramural teams, sport clubs, exercise classes and other affinity groups to which students can belong. The facilities also offer a variety of spaces like fitness centers, courts, lounges, dining areas and other communal spaces that encourage social interaction. Social interaction can lead to social integration, which in turn, is thought to contribute to student persistence in college.

Lead author Ron Huesman, assistant director of the Office of Institutional Research, and colleagues analyzed data collected by the Department of Recreational Sports electronic card-scan system. Students must scan their U Card when they enter the University Recreation Center or St. Paul Gymnasium, thereby creating a record of each visit. The study used records of usage and frequency made by 5,344 first-time, full-time, degree-seeking freshmen during the 2001 fall semester. Three academic success outcomes were modeled: first-term GPA, first-year retention and graduation by the end of the fifth year. Models focused on student background, demographics, financial need, end of first-term academic performance indicators and social integration indicators based on living on-campus and first-term use of University recreation facilities.

The study found that frequent use of the recreation facilities (about 25 times over the course of the semester) significantly increased predicted GPA, predicted probability of retention to the second year, and predicted probability of graduation by the end of the fifth year.



*Students engaged in a game of basketball at the University Recreation Center.*

This study is significant because the authors were able to demonstrate that actual use of campus recreation facilities does have a positive association with academic success even while controlling for other important academic, financial and social fit factors.

Huesman and colleagues have already begun analyzing data from more recent incoming University students to determine if their findings can be replicated. In addition, they suggest that the impact of student involvement in other academic/student group activities — such as Greek life, freshmen seminars, first year orientation programs and living learning communities — should be explored as well.

Where The University Community Meets Since 1911

*Healthy Dining in a Sophisticated Setting*

**Amazing Vegetarian Salads**

**Daily Fresh Produce**

**No Transfats**

Join Today  
[umn.edu/cclub](http://umn.edu/cclub)

Serving Lunch & Dinner  
Monday - Friday

# Work Station Fitness

## Fighting Osteoporosis with Upper Body Strengthening

Annette Biggs – fitness director, Department of Recreational Sports

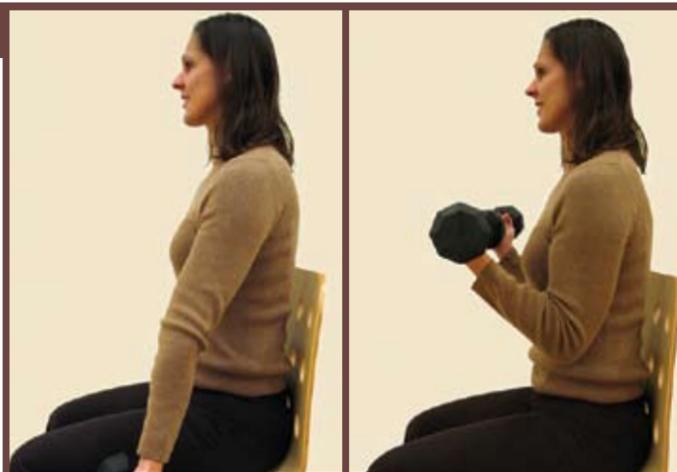
Contrary to popular belief, osteoporosis, or bone loss, is not just an “old person’s disease.” While it is true that as we grow older we become increasingly more vulnerable to the disease and losing bone mineral density (BMD), osteoporosis can strike at any age, whether we are 25 or 65. Osteoporosis currently affects 10 million people in the United States, and according to the National Osteoporosis Foundation, 80 percent of diagnosed cases are women. Strength training increases muscle mass and strengthens bone, slowing down the process of osteoporosis. It is therefore a critical element to overall health — at any age — to integrate strength training into our daily routine.

These four easy exercises, performed two to three days per week, 20-30 minutes per day, will help build upper body strength and can easily be done at work. If you have a history of neck, back or shoulder pain begin without using the dumbbells. As you strengthen and can perform the exercises pain free through a full range of motion, consider slowly adding light weights. Dumbbells in appropriate weights for these exercises (3-15 lbs each) are inexpensive and available at your local retail or sports store. Choose a weight with which you can comfortably perform two sets. Start with 3-lb. weights, then adapt to your individual skill and fitness level. Always consult a physician before starting an exercise program.

### Exercise #1: Biceps Curls

#### Muscle Focus: Biceps

1. Stand or sit, maintaining a straight spine throughout.
2. Grip dumbbells, forming a 90 degree angle at elbows.
3. Curl dumbbells toward shoulders, keeping elbows tucked into your sides.
4. Slowly return to starting position again.
5. Do two sets of 6-8 repetitions each.



### Exercise #2: Triceps Extension

#### Muscle Focus: Triceps

1. Stand or sit, maintaining a straight spine throughout.
2. Grip dumbbell overhead, maintaining a slight bend in elbows.
3. Bend at elbows, slowly moving dumbbell down spine.
4. Slowly return to starting position.
5. Do two sets of 6-8 repetitions each.

### Exercise #3: Lateral Raises

#### Muscle Focus: Shoulders

1. Stand or sit, maintaining a straight spine throughout.
2. Place elbows at side with dumbbells perpendicular to the floor.
3. Contract your core muscles. Raise arms to shoulder height with dumbbells ending parallel to the floor.
4. Slowly return to starting position.
5. Do two sets of 6-8 repetitions each.



### Exercise #4: Dumbbell Row

#### Muscle Focus: Back

1. Stand or sit, maintaining a straight spine throughout.
2. Align dumbbells a little lower than shoulder joint.
3. Pull dumbbells in straight line toward chest.
4. Slowly return to starting position, maintaining a straight line with dumbbells.
5. Do two sets of 6-8 repetitions each.

## MEDICA—MOVE TO THE TOP OF THE CLASS FOR 2008.

When it comes to your health coverage, Medica is the top of the class for 2008. With Medica, you get:

**Savings:** Medica is the lowest cost base plan.

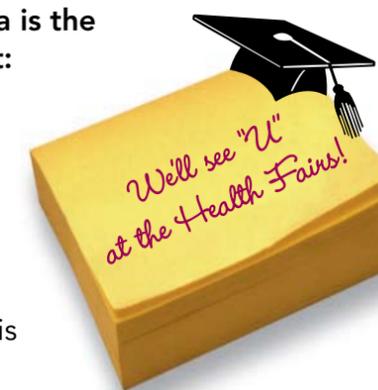
**Options:** You may choose from six different coverage plans.

**Service:** A dedicated Customer Service line for our U of M members.

**Coverage:** Preventive care—including flu shots—is 100% covered.

**Convenience:** Our online “Find a Doc” features a specific listing of physicians serving our U of M members.

**We look forward to serving your needs!** Find out for yourself why more and more University employees are choosing Medica for their health coverage.



2007 University Health Fair schedule:

**Duluth:** November 1

**Minneapolis:** November 6

**Saint Paul:** November 7

# MEDICA®

## Go Local: New Online Resource Connects Minnesotans to Health Care Services

*Karla Block – associate librarian; coordinator of outreach, communications and development, Health Sciences Library*

Minnesotans now have a fast, easy way to find health care services in their communities. My Health Minnesota Go Local, [www.medlineplus.gov/minnesota](http://www.medlineplus.gov/minnesota), is a new, free web-based resource that links people to health care services — hospitals, assisted living facilities, nursing homes, support groups, dialysis services, and more — in communities throughout the state. This site is one of 21 similar sites in existence around the country and will be joined by many others currently in development.

My Health Minnesota Go Local expands on the National Library of Medicine's consumer health Web site, MedlinePlus, [www.medlineplus.gov](http://www.medlineplus.gov). MedlinePlus provides quality, trusted health information about diseases and conditions, while Go Local links to local health services. Between the two resources, users can easily find reliable health information and services in their own communities.

My Health Minnesota Go Local was developed by librarians and staff at the University of Minnesota Health Sciences Libraries, in partnership with the Mayo Clinic Libraries and the MINITEX Library Information Network. It was funded in part by State Library Services through the Minnesota Department of Education, Health Science Libraries of Minnesota and the National Library of Medicine. Additional supporters include United Way and the Minnesota Department of Health.

This new resource is growing daily as services are added throughout Minnesota. Feedback and suggestions about services to include are welcomed. Visit My Health Minnesota Go Local online [www.medlineplus.gov/minnesota](http://www.medlineplus.gov/minnesota) or contact the project at [golocal@umn.edu](mailto:golocal@umn.edu) or 612.626.6248.

## UDS Offers Healthy Options

Eating right has never been easier! UDS offers a variety of healthy options, including low-fat, soy, vegan, and vegetarian foods and beverages. UDS also uses trans fat-free cooking oils in all dining locations on campus.

Try a healthy salad from the Greens to Go station in MN Marketplace at Coffman Memorial Union. Enjoy the Organic Spring Mix as a base for your customized salad.



Enjoy one of many sandwich, salad and wrap options from Subway at the Terrace Café in St. Paul. Try one of the Fresh Fit sub options with under 6 grams of fat and add fresh apple slices and milk or juice to make it a healthy and delicious combo.

For menu and nutritional information visit [www.univofminnesota.campusdish.com](http://www.univofminnesota.campusdish.com). This site features daily menus for many locations, individual item nutrition labels, and a section on healthy living.



Refresh and rejuvenate with a fresh fruit smoothie from Jamba Juice in Coffman Memorial Union. Five servings of fruit in one smoothie.

Keep your eyes open for these helpful identification signs to help you find items that fit your diet needs.



Visit [www.umn.edu/dining](http://www.umn.edu/dining) for hours of operation and locations.



“The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.” - Greg Anderson

“He who has health has hope; and he who has hope has everything.”

- Arabian Proverb

“Live with intention.

Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends.

Continue to learn. Do what you love. Live as if this is all there is.”

- Mary Anne Radmacher

“The wise man should consider that health is the greatest of human blessings. Let food be your medicine.” - Hippocrates

“Never apologize for showing feeling. When you do so, you apologize for truth.”

- Benjamin Disraeli

“Health, I have learned, is not merely the absence of illness; it is the overwhelming presence of wellness and wholeness at all levels of our being.” - Joyce Crittenden

“The ability to be in the present moment is a major component of mental wellness.” - Abraham Maslow

“Life's a pretty precious and wonderful thing; You can't sit down and let it lap around you... You have to plunge into it, you have to dive through it...”

- Kyle Crichton

# Wellness Collaborative Resources

Inspired to create a culture of wellness in your workplace or home? The members of the Wellness Collaborative are excited to help you on your journey toward wellness. Many of the departments and units listed below are available for in-service presentations or demonstrations, in addition to serving as a resource for wellness-related information on campus.

If you would like information about the Wellness Collaborative, please email [lempler@umn.edu](mailto:lempler@umn.edu).

## Aurora Center for Advocacy and Education

Phone: 612.626.2929  
 Email: [aurora.center@umn.edu](mailto:aurora.center@umn.edu)  
 Website: [www.umn.edu/aurora](http://www.umn.edu/aurora)

## Boynton Health Service

Phone: 612.625.8400  
 Website: [www.bhs.umn.edu](http://www.bhs.umn.edu)

## Center for Spirituality & Healing

Phone: 612.624.9459  
 Email: [dimon007@umn.edu](mailto:dimon007@umn.edu)  
 Website: [www.csh.umn.edu](http://www.csh.umn.edu)

## Department of Recreational Sports

Phone: 612.625.6800  
 Email: [recsports@umn.edu](mailto:recsports@umn.edu)  
 Website: [www.recsports.umn.edu](http://www.recsports.umn.edu)

## Disability Services

Phone: 612.626.2644  
 Email: [ds@umn.edu](mailto:ds@umn.edu)  
 Website: [www.ds.umn.edu](http://www.ds.umn.edu)

## Employee Wellness Program

Phone: 612.626.WELL (9355)  
 Email: [well@umn.edu](mailto:well@umn.edu)  
 Website: [www.umn.edu/ohr/wellness](http://www.umn.edu/ohr/wellness)

## Grace University Lutheran Church

Phone: 612.331.8125  
 Email: [info@graceattheu.org](mailto:info@graceattheu.org)  
 Website: [www.graceattheu.org](http://www.graceattheu.org)



## Housing & Residential Life

Phone: 612.624.2994  
 Email: [housing@umn.edu](mailto:housing@umn.edu)  
 Website: [www.housing.umn.edu](http://www.housing.umn.edu)

## Interfaith Campus Coalition

Website: [www.iccmn.org](http://www.iccmn.org)  
 Hillel: The Jewish Student Center  
 Phone: 612.379.4026  
 Email: [Hillel@umn.edu](mailto:Hillel@umn.edu)  
 Website: [www.ujews.com](http://www.ujews.com)

## Office for University Women

Phone: 612.625.9837  
 Email: [women@umn.edu](mailto:women@umn.edu)  
 Website: [www.umn.edu/women](http://www.umn.edu/women)

## School of Kinesiology

Phone: 612.625.5300  
 Email: [kin@umn.edu](mailto:kin@umn.edu)  
 Website: [www.education.umn.edu/kin](http://www.education.umn.edu/kin)

## Academic Health Center

Phone: 612.625.4119  
 Website: [www.ahc.umn.edu](http://www.ahc.umn.edu)

## University of Minnesota Physicians

Phone: 612.884.0600  
 Email: [tmestad@umphysicians.umn.edu](mailto:tmestad@umphysicians.umn.edu)  
 website: [www.umphysicians.umn.edu](http://www.umphysicians.umn.edu)



# Gopher QuickClinic

We asked staff and faculty how we could better serve the University community—and we heard you loud and clear! You want faster, more convenient, more affordable options for health care on campus.

Boynton's response – **Gopher Quick Clinic and new hours.**

## Gopher Quick Clinic

Students, staff, and faculty with certain minor illnesses now have the option of coming to Gopher Quick Clinic to see a board-certified practitioner trained to diagnose, treat, and write prescriptions. No appointment necessary. Visits last 10-15 minutes. Gopher Quick Clinic services are available at no additional cost for most students after the bill has been processed by their insurance provider\* and just a \$5 co-pay\*\* for staff and faculty enrolled in any UPlan medical plan option – even if Boynton is not your designated Primary Care Clinic!

## Gopher Quick Clinic hours

Monday through Friday  
 9 a.m. – 1 p.m. • 2 p.m. – 5 p.m.  
 Boynton Health Service, 410 Church Street S.E.  
 Main check-in desk, third floor

\*Students on the University-sponsored Graduate Assistant Health Benefit Plan incur a \$10 co-pay at the time of visit. For all other students admitted to a degree program who pay the mandatory Student Services Fee and have health insurance from any provider (including the University-sponsored Student Health Benefit Plan), the cost for a Gopher Quick Clinic visit is covered by their insurance and/or the Student Services Fee.

\*\*Dependents of staff and faculty enrolled in a UPlan health plan may also be seen at Gopher Quick Clinic for a \$5 co-pay. The co-pay amount is subject to change yearly depending on the UPlan contract.

## Gopher Quick Clinic services<sup>†</sup>

### Common Illnesses

Bladder Infection  
 Bronchitis  
 Cough/Cold  
 Ear Infection  
 Laryngitis  
 Mononucleosis  
 Respiratory Flu  
 (without vomiting or diarrhea)  
 Seasonal Allergies  
 Sinus Infection  
 Strep Throat  
 Swimmer's Ear

### Skin Conditions

Athlete's Foot  
 Cold Sores  
 Impetigo  
 Minor Sunburn  
 Poison Ivy  
 Ringworm  
 Warts (three or fewer—  
 does not include genital warts)

### Vaccines

Influenza Vaccine  
 Tetanus Vaccines  
 (Td and Tdap)

### Additional Services

Pregnancy Test

<sup>†</sup> Gopher Quick Clinic serves patients 5 years of age and older, with the exception of strep tests and flu vaccines provided to children 1-4 years of age. To discuss other services not on this list, please make an appointment with your primary care provider.

Starting Fall 2007  
 Expanded hours at  
 Boynton Health Service!

**BOYNTON**  
 HEALTH SERVICE

UNIVERSITY OF MINNESOTA

A Department of The Office for Student Affairs.

410 Church Street S.E. • 612.625.8400 • [www.bhs.umn.edu](http://www.bhs.umn.edu)

Now open Saturdays!

8 a.m. – 5 p.m.  
 Monday through Friday  
 9 a.m. – 1 p.m.  
 Saturday (Urgent Care & Pharmacy)



# Give your retirement plan a workout.

**Securian has been helping U of M faculty and staff keep their retirement plans in top shape for over 75 years.**

We're part of a national company that has grown to become one of America's largest providers of financial security. Our affiliate, Minnesota Life Insurance Company, ranks among the most highly rated financial institutions in America.\*

Call (651) 665-3670 or 1-800-421-3334 and talk with one of our Plan Specialists. We offer complimentary, one-on-one retirement plan reviews from our convenient St. Paul headquarters.

Whether you are sweating your retirement because it's coming up fast, or feeling comfortable because it's still years away, give your retirement contributions a workout with us.



**SECURIAN®**

INSURANCE | INVESTMENTS | RETIREMENT

**Securian Retirement**  
[www.umnplans.securian.com](http://www.umnplans.securian.com)

\*For more information on the rating agencies and to see where Minnesota Life's rating ranks relative to other ratings, visit [www.securian.com/about/financials.asp](http://www.securian.com/about/financials.asp).

Products and services are provided by one or more of the following affiliates of Securian Financial Group, Inc: Minnesota Life Insurance Company, Securian Retirement, a unit of Minnesota Life, or Securian Life Insurance Company (a New York admitted insurer). 400 Robert Street North, St. Paul, MN 55101-2098

©2007 Securian Financial Group, Inc. All rights reserved.

DOFU 9-2007

A05667-0807