



Words of Wellness

August 2013

A part of the NCAH Employee Wellness



### Wellness Works

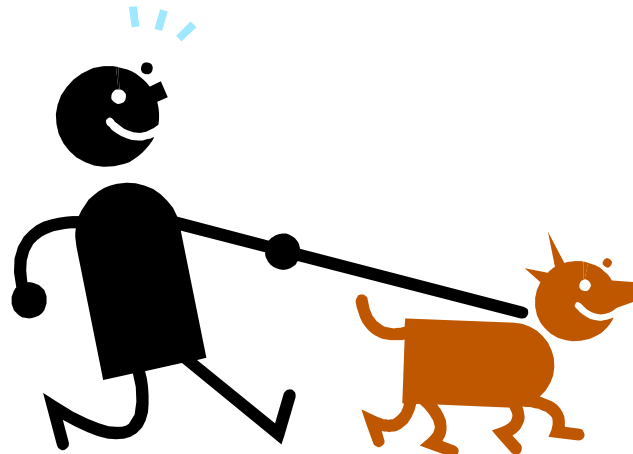
Wellness Works is a student-led outreach group affiliated with the Kinesiology Department and the Nutrition and Wellness Research Center at Iowa State University. Student interns staff the fitness center, working with the Work Life Wellness team, and are available to answer questions you may have about exercise, fitness, and wellness. The current student leader is Tianna Allen.

You may come and visit her Wednesday from 1:00-3:00 in room 1071 right outside of the fitness center or email her with your questions at:

[tsallen@iastate.edu](mailto:tsallen@iastate.edu)

## Considering a Dog?

Although many people may be allergic to these four legged companions, for others these little fur balls can be a fun addition to the family. A dog may be just the ticket you need to get yourself up and moving. These companions will always appreciate a walk, and can even give you a reason to take a walk. If you won't do it for yourself, do it for the dog!



On another note, such a pet can provide a great stress reliever. Coming home from a stressful day to a wagging tail can instantly put a smile on even the grumpiest face. Even the act of calmly petting your furry friend can be a soothing activity to melt the stress of the day away.

For information about adopting a pet in Ames visit:  
<http://tinyurl.com/adoptdoggie>



## Recipe Corner

### Ingredients:

1.  $\frac{3}{4}$  cup whole wheat pastry flour
2.  $\frac{1}{2}$  cup whole wheat flour
3. 1 cup oat bran
4.  $\frac{1}{4}$  cup sugar
5. 1 tbsp baking powder
6.  $\frac{1}{2}$  tsp salt
7.  $\frac{3}{4}$  cup raisins
8.  $\frac{1}{2}$  cup nonfat plain yogurt
9.  $\frac{1}{4}$  cup low fat sour cream
10.  $\frac{1}{4}$  cup unsweetened applesauce
11.  $\frac{1}{4}$  cup maple syrup
12. 2 teaspoon vanilla extract
13. 3 small ripe bananas, mashed
14.  $\frac{1}{4}$  cup chopped pecans

## Night Walking

A walk after supper can be a pleasant way to spend an evening. As the weather outside becomes a bit too much to tolerate during a typical summer day, walking at night can help us beat the heat. In addition, staying hydrated with evening walks may be easier since less sweating will likely occur at night than during the day.

However, sometimes walking too soon after a meal may cause an upset stomach. Typically it is best to wait at least twenty minutes after eating to take a walk. After waiting this amount of time we will see the typical benefits that regular walking may provide: improved cardiovascular fitness, lower blood pressure, and improved cholesterol health. However, we may see some additional benefits as well with our night walking. Walking after a meal may help us increase our metabolism, and after supper this walk may even keep our metabolism a little higher while we sleep at night. This means that we are capable of burning more calories while we sleep!

If this idea sounds appealing to you, perhaps you would like to set a kick-start date to make this concept a part of your everyday routine. On August 16<sup>th</sup> the Story County Conservation Evening Exploration may be the perfect opportunity for this. In this exploration you will have the chance to learn more about nocturnal animals while taking an evening walk at 8:30pm. Registration is required by August 14<sup>th</sup>. For more information visit: <http://tinyurl.com/walknight>

## Whole Grain Banana Muffins

### Directions:

1. Grease muffin tin and pre-heat oven to 400 F
2. Mix ingredients 1 -> 5 in one bowl
3. Mix other ingredients in another bowl
4. Add yogurt mix to first bowl, stirring just enough to mix
5. Place muffin batter in tin and bake for 15-20 minutes

