



Words of Wellness

September 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.

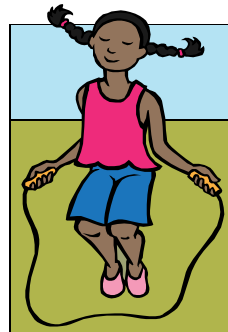
You may come and visit her Wednesday from 1:00-3:00 in room 1071 right outside of the fitness center or email her with your questions at:

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

**Why waste time? Make the most out of your workout time.**

When walking into a fitness studio and deciding upon a workout for the day many people are faced with the dilemma of choosing between a strength workout or a cardio workout. Others might decide to do a little of one and then the other. But why not combine them?

If you are truly pressed for time and even have to think about which would benefit you the most, maybe doing both together would be the best for you personally.



Using strength exercises as active recovery after doing high intensity drills such as jumping rope for a short period of time, can be a time efficient way to integrate both the strength and cardio components of fitness into one workout.

Now, you might be wondering how long should I keep this up for? ACSM (the American College of Sport Medicine) recommend high intensity cardio for 20 minute, 3 times a week. This

could be an excellent goal to work towards. For more ideas of high intensity exercises and strength exercises please feel free to visit me during my office hours!





Friendly reminder:  
Fitness attire only in the  
NCAH fitness facility

# IHP



[www.interactivehealthpartner.com](http://www.interactivehealthpartner.com)



## Recipe Corner

### Mock Tuna Salad

#### Ingredients

- 1 can mashed garbanzo beans
- 2 tbsp mayo
- 2 tsp spicy brown mustard
- 1 tbsp sweet pickle relish
- 2 chopped green onions
- Salt/pepper to taste

## The Interactive Health Partner

If you have ever wondered if you are getting anywhere with your current fitness routine, you may want to check out an exciting opportunity soon to be available to NCAH employees. As part of my graduate culminating project, I will be giving employees free access to the Interactive Health Partner.

The Interactive Health Partner (IHP) allows users to track their fitness progress and see how far they have come towards meeting their own personally set goals. In addition, the IHP allows you to set both long and short term goals, maximizing your chances of success. If competition is something that is up your alley, you can become involved with teams of other people and compete for the most steps, distance run, or minutes of physical activity. In addition IHP can help you set up a workout plan that is right for your current fitness level, and will even show you how to do all of the exercises. Or, if you are just looking for a few new exercises to spice up your current workout IHP can offer you many suggestions in its extensive exercise library.

Stay posted on updates from your WLW committee regarding the launch of this exciting opportunity!

### Mock Tuna Salad

Mix all ingredients in a medium mixing bowl thoroughly and you are set!

Serving idea: Serve on a whole grain piece of toast as a healthy snack or as a before dinner sampler

Recipe adapted from: [allrecipes.com](http://allrecipes.com)