

The Spotlight



According to Winona State's "Seven Dimensions of Wellness,"

ENVIRONMENTAL WELLNESS

engages learning and contributing to the health of the planet and a sustainable lifestyle. Recognizing our responsibility for the quality of the air, water, and the land is a major step to creating a better world. Making a positive impact on our environment, be it our homes, our communities or our planet contributes to healthy balance in life.

How Can You Make an Impact?

Support the local farmers market. Enjoy the beautiful fall weather as well as some music, fresh produce, and homemade goods.

WINONA FARMERS MARKET

Market Dates:
May - October
Saturdays
7:30 am to 1 pm



Employee Wellness Program

Date: 9/24/2014

UPCOMING EVENTS

Family Yoga

When: Saturday, September 27

Time: 3:00pm

Who: Employees and Families

Where: IWC Fitness Studio

To Bring: Non-Restrictive Clothing
(Yoga Mats are Provided)

RSVP: BY Thursday September 25th

Name and Number of Attendees to

Naomi Pahl at npahl10@winona.edu

Family Rock

Climbing Event

(In Conjunction with OERC)

When: Saturday, October 11th

Time: 1:00-3:00pm

Where: Sugar Loaf

Who: Employees and Families

To Bring: Non-Restrictive Clothing

RSVP: BY Tuesday October 7th

Name and Number of Attendees to

Naomi Pahl at npahl10@winona.edu

DID YOU KNOW?

Eating fruits and vegetables provides many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

However, many people don't eat enough fruits and vegetables.

-Only 1 in 3 adults eat the recommended amount of fruits every day.

-Only 1 in 4 adults eat the recommended amount of vegetables every day.

September Fruits & Veggies - More Matters Month. (n.d.). September Fruits & Veggies. Retrieved September 23, 2014, from <http://healthfinder.gov/NHO/SeptemberToolkit2.aspx>

EMPLOYEE WELLNESS PROGRAM TESTIMONY

"The 'Employee Wellness Program' was a tremendous help with my 40lb weight loss over the last 9 months! My trainer was very attentive to what I wanted to accomplish and setting up workout routines to help reach that goal. The whole focus wasn't just working out, but also dietary suggestions and cooking techniques. I was extremely happy to participate and in the program and look forward to participating again in the future!"

A Recipe from the Winona Farmers Market

TOMATOES STUFFED WITH SAUSAGE

- 6-8 Medium Tomatoes
- 1 lb ground sausage (can use beef or lamb for different flavor) browned
- 3 cups bread crumbs
- 1/2 minced onion
- 2 tbsp chopped fresh parsley
- 2 eggs beaten
- Salt and pepper to taste

~Cut the top off of the tomato and scoop out the pulp. Mix the bread crumbs, cooked and drained meat, onions, parsley and seasoning. Add beaten egg and mix again. Should be slightly sticky. If too moist add more bread crumbs. Should hold together. Stuff tomato with filling. Bake at 400 degrees for about 30-40 min utes. Serve with a salad for great summer meal!~