

# HEALTH wise

SEPT. 2010

## THE SAFER PATH

# The “No Impact” Experiment’s Health and Happiness Perks

By Laurine Brown

Want to save money? Trim down and tone up? Have more time for meaningful things? Then, try the weeklong “No Impact Experiment.”

“Huh?” you say. “What does being an environmental do-gooder have to do with my own wellness?” “Plenty” says New York city-dweller, Colin Beavan, author of *No Impact Man*. He should know. Colin set off with his family on a year-long journey to live more lightly on the earth. He stopped making trash, swore off plastics and toxins, foraged for dinner in local farmers markets, biked and hiked everywhere, and turned off the electricity, while dragging his young daughter and Prada-wearing wife along for the ride. Surprisingly, while attempting to make a zero impact on the environment, the family found hidden wellness treasures that made their lives fuller and more satisfying. Colin remarks, “Changing the way we lived was changing us.” Intrigued?

A year of No Impact Living may seem too daunting for most of us. But Colin’s organization has introduced a one-week “No Impact Experiment,” complete with a handy step-by-step guide (see below). The way it works is you tackle one area daily. Each day builds on the next, so that, ideally, by week’s end you’ve stopped consuming new goods and making trash, switched to non-polluting transport, etc. all-the-while discovering hidden lessons about what’s important in your life. Here’s a preview of the IWU No Impact Experiment that will be held on campus 9/12-9/19:

• **Day 1** (Sunday, 9/12): **Cut Consumption.** Just for this week, try not to shop for any new items. Seek second-hand items, borrow them, or even make them yourself. Colin believes our consump-

tion treadmill is a vicious circle where we “work our butts off” to buy stuff to keep up with the Jones’s. But, along with the pollution created, “more stuff” isn’t making us happier. Colin’s wife Michelle began “shopping in my own closet.” She discovered that when you kick your shopping habit, you’ll save money, have more time for family and friends, prevent clutter, and maybe you’ll discover that less really IS more.

• **Day 2** (Monday, 9/13): **Stop Making Trash.** Find out if wasting less improves your life. You might first try collecting all your trash for a day. Then unpack it and ponder it. Is all this necessary? Colin stockpiled his family’s trash for a week to figure out what disposable items they could stop using without much sacrifice. They ditched disposables and felt happier and more satisfied. Go figure.

• **Day 3** (Tuesday, 9/14): **Re-think Transportation.** Burn calories, not fossil fuels. Bike. Walk. Scoot. Glide. Hop on the bus. Carpool. The Beavan family found that such “active transport” was not only possible in New York City, but also preferable, less stressful (no traffic jams!), cheaper, burns tons of calories, and just plain fun.

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For more information about the IWU Wellness Program, visit our Web site at [www.iwu.edu/~wellness](http://www.iwu.edu/~wellness)

We hope you enjoy *Health Wise*.  
Missy Smock, Director of Wellness

[www.iwu.edu/~wellness](http://www.iwu.edu/~wellness)



# Recipe of the Month

What to do with all those garden ripe tomatoes and that abundance of basil? Make sauce! This delicious recipe can be frozen for up to three months. Pack your freezer with these summer staples, as a packed freezer uses less energy as it leaves less space for warm air that invades each time you open the door.

Enjoy!

## Roasted Tomato Sauce



- |  |  |
|--|--|
| Olive oil (for drizzling)                      | Salt and freshly ground black pepper, to taste |
| 4-8 cloves garlic, chopped                     | 3 tablespoons fresh oregano, chopped, to taste |
| 1 Spanish (yellow) onion, peeled and quartered | 3 tablespoons fresh basil, copped, to taste    |
| 16 plum tomatoes, cored                        |  |
| 1 to 2 small hot chili peppers, cored          |  |

Set the oven at 425°. Drizzle a 9-x 13-inch baking dish with oil. Place the garlic and onion in the dish. Top with tomatoes. Add the chili pepper(s) and sprinkle generously with salt and pepper. Drizzle with oil and transfer to the hot oven.

Roast the tomatoes for 60 to 70 minutes or until they have collapsed and the onions are very tender.

Remove the dish from the oven and let the vegetables cool. When you can handle the tomatoes, use your fingers to pull off and discard

the skins.

In the bowl of a food processor fitted with the steel blade, work some of the tomatoes and vegetables, with all the juices from the pan, in on-off motions just to chop them coarsely. Remove them from the work bowl and add more of the tomato mixture until it is all chopped.

Transfer the sauce to a bowl, add more salt and pepper if you like, and stir in the oregano and basil.

Use or refrigerate, tightly covered, for up to 5 days. Freeze in two plastic 1-pint containers for up to 3 months. Makes about 1 quart.

Source: <http://community.cookinglight.com>



## THE “NO IMPACT” EXPERIMENT’S HEALTH AND HAPPINESS PERKS —

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- **Day 4** (Wednesday, 9/15): **Lighten Your “FoodPrint.”**

The average bite of food travels 1,500 miles from farm to fork. Aside from creating lots of pollution, the nutrient levels fade after harvest, leaving us short. Like the Beavans, seek out local, seasonal and mostly organic, plant-based foods. It was tough, but the Beavans loved the positive results — slimming down, feeling healthier, learning to cook, and sharing meals and enjoying the vibrancy of farmer’s markets with friends.

- **Day 5** (Thursday, 9/16): **Be Energy Wise.**

How many gadgets do you have plugged in that are unnecessarily sucking energy? Power down. The Beavans went to the extreme on this, cutting off all electricity, a daunting task. But, they also found their apartment was cluttered with electricity-sucking devices they didn’t miss at all. They slept better following the natural rise and fall of the sun. Without TV, they found joy in other simple entertainment. For example, watching magical fireflies one evening, Colin’s toddler looked at him and said, “I’m so happy Daddy.” Touched, Colin admits she never said that while watching TV.

- **Day 6** (Friday, 9/17): **Be Water-Wise.**

You’ll feel better about yourself and will join the 60 percent of Americans trying to save on water and electric bills. By simply changing the way you brush your teeth, water your lawn or wash dishes (plus using some water-saving appliances) you can cut your water use by 25 percent. Don’t forget to choose tap water rather than bottled water which costs 1,000 times more, often comes right from the tap, and leaves us with all those junked plastic bottles. Crazy.

- **Days 7 and 8** (Saturday, 9/18 and Sunday 9/19): **Give Back to Your Community—Volunteer.**

Besides “just making you feel good” (as Colin says), according to over 30 peer-reviewed studies, volunteering boosts health, including lowering risks of heart disease and depression, and improving longevity. Finally, **Rest.** Stop “doing” and just “be.” Even if just for one day or one hour, don’t buy anything, use any machines, switch on electronics, answer the phone, or gobble any resources. With the enforced downtime, you’ll give yourself and the planet a much-needed break. Don’t we all need that?

What hidden wellness benefits may be in store for you? **Come hear Colin Beavan speak, live, in person on campus, September 8.** Then join your Wesleyan colleagues during the week of **Sept. 12-19** as the campus tries his **No Impact Experiment.** Start by signing up for the experiment online at <http://noimpactproject.org/experiment/university-no-impact-week-registration/>, where you can download the nifty 17-page guide (don’t print it out, they say!). You just may find that the changes you make will change you. Watch for more details!

## WELLNESS TIDBITS

The Fall 2010 Activity Program is underway; if you have not received a registration form and are interested in participating in one of the many activity classes offered on campus, please contact Wellness at x3334 or [wellness@iwu.edu](mailto:wellness@iwu.edu).

### Drug Disposal Program comes to Illinois Wesleyan

In order to make it convenient to dispose of both prescription and over the counter drugs properly, IWU now has a drop-box located in the entry of the Security building at 110 E. Graham St. The drop-box site is open 24/7.

### Guidelines for Disposal

1. Take unused and unwanted prescription and non-prescription drugs to IWU Security or other drop-off locations. Keep medications in original bottles or packaging if possible. Mark out your name and address on prescription labels.

Drop-off sites routinely send collected medications to be incinerated as part of the ecological and safe disposal protocol. (Incinerated medications are able to create energy that is used to power homes and businesses.)

For more information please contact Wellness at x3334 or [wellness@iwu.edu](mailto:wellness@iwu.edu).

### Get Fit While You Sit

#### We make office calls

Wellness would like to come to your office and offer you an opportunity to "get fit while you sit." For some, the workday doesn't afford many opportunities to move about. This inactivity can contribute to lower fitness levels and lead to work-related injuries. For those interested in preventing these problems, we offer three in-office workshops:



#### Desktop Yoga

#### Strength and Stretch at Your Desk

**Ergonomics 101** (One-on-one ergonomic evaluations available by contacting Wellness)

If you and your co-workers are interested in any of these in-office sessions, please let us know. You can contact us at [wellness@iwu.edu](mailto:wellness@iwu.edu) or call 556-3334 to set up an appointment.

### On-Site Massage Therapy

Wellness offers on-site massage therapy throughout the week. Therapy sessions are available by appointment only. You can enjoy a refreshing 30-minute massage or a thoroughly relaxing 60+ minute massage. It's up to you.

On-site cost:

30-minute massage \$28

60-minute massage \$56

To schedule an appointment, please contact Wellness at 556-3334 or [wellness@iwu.edu](mailto:wellness@iwu.edu).

## FALL HEALTH SCREENINGS

### Cholesterol, Blood lipids, Metabolic Panel, Iron & PSA Screening

Tuesday, October 13, 7:30-9:00 a.m.

Davidson Room, Memorial Center

The following screenings will be available for employees of Illinois Wesleyan who are participants in the health insurance plan.

If you would like to participate in the screening, you will need to **reserve a space** by calling the Wellness office at **556-3334**, no later than Friday, October 9.

Participants of the IWU health plan are covered for these services. If you or immediate family members are not insured by IWU and wish to participate in the screening, payment is required at the time of the service.

### Cholesterol and Lipid Panel

A 12-hour fast is required prior to the Cholesterol and Lipid Panel, nothing to eat or drink, except water.

**Blood Pressure Screening:** If you have not had your blood pressure checked recently, please take a moment to update yourself on this information. You can do it in less time than it takes to call a friend for lunch.

*Note: The results of all screenings are strictly confidential and may be sent directly to your physician, if requested at the time of the service.*

### On-Site Digital Mammography

Wednesday, December 8, 2010

A routine exam by a health professional, plus monthly self-exams and mammograms at the appropriate intervals for your age, are good ways to check the health of your breasts and to detect problems early. The earlier a problem is detected, the more easily and successfully it can be treated.

Women's Health at Methodist Medical Center offers an invaluable service, On-Site Digital Mammography. They have come to the Illinois Wesleyan campus for over a decade offering a convenient screening program.

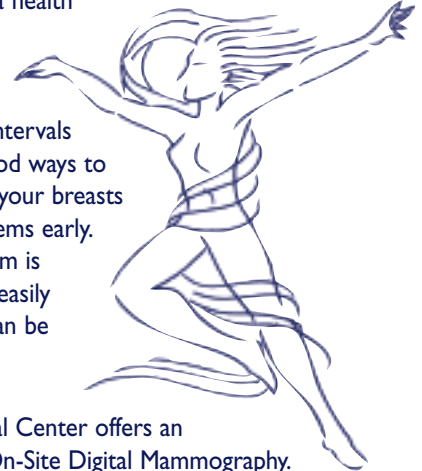
The service includes the screening and radiology report, which is then sent to your personal physician for evaluation.

**A physician's referral is required to participate in this service if you are under the age of 40.**

This service is covered under the IWU health plan; if you are a participant there is no charge.

**For more information, or to make an appointment, please call Wellness at 556-3334.**

**Appointments will be made from 8:30 a.m.-3:00 p.m.**



## HEALTH STUFF AND MORE

### Is your diet making you sick?

*The foods you eat, and the ones you avoid, can trigger a host of ailments*

**Headache?** It could be: Your cup of decaf. A study published in *The Journal of Headache and Pain* found that too little caffeine is just as likely to cause a headache as too much. The fix: The optimal amount is 125 to 500 milligrams per day, the equivalent of to five cups of coffee, depending on your personal tolerance for caffeine.

**Constipated? It could be:** A food sensitivity. Certain foods may cause inflammation and/or irritation of the bowels, as well as dysbiosis (an unhealthy balance of bacteria in the digestive system). Constipation is a frequent side effect. Dairy, wheat and soy are the three most common trigger foods. **The fix:** Record your reactions to the foods you're eating in a food journal. "Once you've identified the food that's causing the problem the solution is to restrict how much of it you're eating or eliminate it from your diet," says Keri Marshall, M.S., N.D. spokeswoman for the American Association of Naturopathic Physicians.

**Depressed? It could be:** Not enough carbs. Carbohydrates stimulate the production of serotonin, the brain chemical that regulates mood. Avoiding carbs can cause serotonin levels to drop, making you more vulnerable to depression. **The fix:** Aim for five servings a day of complex carbohydrates, such as brown rice, beans and whole-grain pasta or cereal.

*For more information about food intolerance and sensitivities contact Wellness at [wellness@iwu.edu](mailto:wellness@iwu.edu).*

*Source: Natural Health, Sept./Oct. 2010*

## WELLNESS WORKSHOPS

*To register for the Wellness Workshops, please call 556-3334 or e-mail [wellness@iwu.edu](mailto:wellness@iwu.edu). Please feel free to bring a lunch and a friend!*

### Adult CPR Certification

**Mon., Sept. 20, 6:00-8:00 p.m.**

**Shirk North Classroom**

The Wellness Program will be offering Adult CPR training again this spring. Please let us know if you are also interested in receiving child and infant certification.

*Please contact Wellness to reserve a space at x3334 or [wellness@iwu.edu](mailto:wellness@iwu.edu). Family members are welcome to participate in this session, space permitting.*

### Second Annual Saucy Salsa Throwdown!

**Tues., Sept. 15, Noon-1:00 p.m.**

**Davidson Room, Memorial Center**

IWU Wellness and Multicultural Student Affairs are teaming up to bring you a Saucy Salsa Throwdown! Use up the last of those summer tomatoes, put together your best salsa or salsas, and enter to win a gift certificate to your favorite local Hispanic restaurant.

*To register your salsa, call 556-3334 or e-mail us at [wellness@iwu.edu](mailto:wellness@iwu.edu) by September 11.*