

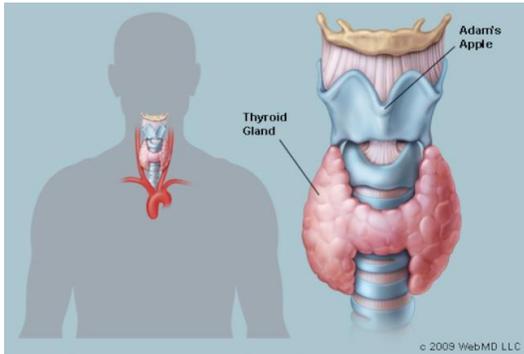


NMU  
**WELLNESS COMMITTEE**  
EDUCATING, ENGAGING & EMPOWERING EMPLOYEES

JANUARY 2019

**Learn more about your thyroid!** Did you know January is National Thyroid Awareness Month? Many people aren't too sure what their thyroid does, or how it can give you signs about your overall health. Read on to learn more about thyroid health.

The thyroid is a small gland in the front of the neck. The thyroid releases hormones T3 and T4 into the body's bloodstream. These hormones regulate the body's metabolism. Keeping these hormones properly regulated is critical for total body wellness.



**Hypothyroidism** (Reduced hormone levels caused by an underactive thyroid.)

- Fatigue
- Sensitivity to cold
- Inability to focus
- Weight gain
- Muscle and joint pain
- Depression
- Poor sleep

**Hyperthyroidism** (Overactive thyroid.)

- Increased heart rate
- Hyperventilation
- Rushed digestion
- Excess burning of calories
- Heart palpitations
- Excessive perspiration
- Sensitivity to heat
- Insomnia
- Weight loss
- Panic attacks or anxiety
- Increased appetite

**What can you do to keep your thyroid healthy?**

Aim to eat four to five servings of vegetables and three to four servings of fruit each day along with lean proteins and healthy fats. Avoid processed foods that can cause inflammation and an autoimmune system response. Consider supplementation, but check with your healthcare professional first. Selenium or Vitamin D supplements may promote thyroid health. Also, see your healthcare professional for regular wellness checks.



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The purpose of the "wildcat wellness connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.

## WHAT'S HAPPENING AT NMU THIS SEMESTER?

### SNOWFEST

Join us for Snowfest on **Wednesday, January 16th from 11am-3pm** to kick off the winter semester. Snowfest will feature a student organization fair in Jamrich and demos of fat tire bikes, snowshoes, and cross country skis in the **Academic Mall**. Hot cocoa will also be served.

### MLK DAY OF SERVICE

Martin Luther King Jr. Day is **Monday, January 21**. There's plenty of opportunities to serve and get involved in the community. You can find more information and specific happenings at <https://events.nmu.edu/>.

### WILDCAT WELLNESS HEALTH FAIR

**Tuesday, February 12th 10am-3pm** in the **Great Lakes Rooms, University Center**. This annual event is free and open to the entire campus community. Year after year approximately 500 faculty, staff, and students attend or participate in some way. The fair offers various health screenings, healthy food samples, refreshments, prizes, and a lot of take-home items and information on a wide variety of topics.

### NMU+NTN PARTNERSHIP

Stay tuned for monthly dates where Fat Tire Bikes will be available for staff use. You can find more information about NMU's partnership with the Noquemanon Trail Network here: <https://www.nmu.edu/recsports/fat-tire-bikes-trail-access>

### MEN'S HEALTH LUNCH AND LEARN

Mark your calendars for a Men's Health event! Tuesday, April 9th at Noon.

**Drop in fitness classes are back! Check out the full schedule at**

**<https://www.nmu.edu/recsports/drop-classes>**

Check out classes that will get you moving like Zumba, Pilates, Ab Inferno, and Upper Body Builder! Full descriptions of these classes and more are located at the website above.



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**If you did not register for a recreation membership last semester, there is still time to register for a mid-year membership!**

Faculty/Staff Options for a Mid-Year Membership (Jan. 1, 2019 – Aug. 31, 2019)

#### **Full time Faculty/Staff Employees:**

- Taxable Benefit, membership value \$160 (*you will see a small deduction on your paycheck usually in June*).
- Designee, this could be for your spouse or a friend – \$112
- Children, 5 years of age until 25 years of age – \$79
- Family – \$199 (includes spouse and children)

**Faculty and staff may conveniently activate their membership one of the following ways:**

- Print the membership form and/or payroll deduct form at <https://www.nmu.edu/recsports/nmu-faculty-staff-memberships>
- Stop by the Rec Sports office (PEIF 126) to complete your paperwork in person
- Email a completed form to [recsport@nmu.edu](mailto:recsport@nmu.edu)
- Fax a completed form to [906-227-1694](tel:906-227-1694)

Payment methods: Cash, Check, Credit Card or Payroll Deduct

If you have any questions regarding memberships, please call [906-227-2519](tel:906-227-2519) or visit [www.nmu.edu/recreation](http://www.nmu.edu/recreation).

# IS EATING CLEAN A GOAL OF YOURS IN 2019? CHECK OUT THIS SIMPLE AND TASTY RECIPE MADE FROM HEALTHY AND NON-PROCESSED FOODS.

## Ingredients

- 1/2 lb ground turkey
- 1 cup spinach
- 1/2 tsp ground pepper
- 1/4 tsp cayenne
- 1 tsp paprika
- 1/2 tsp chili powder
- 1 tsp garlic
- 1/2 tsp cumin
- 5 whole peppers
- 1 Tbsp crushed pine nuts

## Instructions

1. Preheat oven to 425 degrees.
2. Cook the ground turkey.
3. While the ground turkey is cooking, cut the peppers in halves and clean out the middle of each one.
4. Set one pepper aside and finely chop.
5. When the turkey is almost finished cooking, add in the spinach and finely chopped pepper.
6. Add in the ground pepper, cayenne, paprika, chili powder, garlic, and cumin.
7. Stuff each pepper half with the turkey mixture and top with pine nuts.
8. Bake for 20 minutes (or until peppers are nearly soft).
9. Serve hot and enjoy!



<https://www.jaroflemons.com/whole30-stuffed-peppers/#wprm-recipe-container-12481>



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## Switch it up!

You can get creative with this recipe. Try adding or substituting with the following ingredients:

- Kale
- Ground chicken or beef
- Sausage (check for added sugars)
- Leftover potatoes
- Avocado
- Green onions
- Olives
- Fresh salsa

Do you have any questions, comments, or feedback for the Employee Wellness Committee? Send us an email at [wellness@nmu.edu](mailto:wellness@nmu.edu).