

The RHIT Heartbeat

Rose-Hulman Institute of Technology

Benefits/Wellness Newsletter

FALL EDITION

September 2011

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NEW HEALTHY SNACK ITEMS ADDED TO VENDING MACHINES

By Dan Wells, Director of Administrative Services

Early this summer the Wellness Committee asked Treat America, our Rose-Hulman vending machine food and drink service provider, to consider expanding its selection of healthier snack food items in the vending machines located near the Mail Distribution Center in Moench Hall. We are pleased to announce that Treat America has added a variety of new healthier snack food items for your selection and has dedicated a single snack machine for this purpose. This machine is easily identified by the healthier heart symbol on the machine.



The Guidelines for selecting healthier snack foods are:

- Less than 10% Calories from Saturated Fat
- Less than 60 mg Cholesterol
- Less than 0 grams Trans Fat
- Less than 35% total Calories from Fat
- Less than 35% Sugar by weight
- Less than 270 mg Sodium
- Less than 200 Calories



You will also notice that there were numerous bottle machine upgrades made during July at various locations on campus to better serve the Rose-Hulman community.

SIMPLYWELL
INTEGRATED
HEALTH SOLUTIONS™



FLU SHOT CLINIC

The final SimplyWell Health Screening for 2011-2012 will be held on September 8 through September 10, 2011 from 7:00 - 10:00 a.m. in the SRC. To register, please log on to <http://www.simplywell.com>. If you have any issues with logging into SimplyWell's website, please contact Pamela Pahnke at ext. 8916. Please remember to fast for at least 8 hours prior to attending the screening.

The Office of Human Resources, in conjunction with the Center for Occupational Health, will be offering the annual flu shot clinic on Wednesday, October 26th, from 10:00 a.m.– 1:00 p.m. in the Heritage Room of the Union Building. The seasonal flu vaccine will be administered.

Cost is \$10.00 for employees and \$20.00 for spouses and children over 9 years of age.

Registration information will be forthcoming via email in early October.



SimplyWell Speaker Series



(You can earn 250 points for each session if you participate in the SimplyWell Program)

For more programs, please visit the [SimplyWell Upcoming Events website](#).

September

Necessary Screenings for Men and Women

Wednesday, September 14, 2011

3:25 - 4:15 p.m. (9th Period)

HMU - PA Room

Presenter: Dorene Hojnicky, DO, Vigo County Emergency Management



Introduction to the SRC

Tuesday, September 27, 2011

10:50 - 11:40 .a.m. (4th Period)

SRC - Multi-Purpose Room

Presenter: Brian Shearer, Asst. Director for Recreational Sports & Athletic Facilities/
Coordinator for Human Performance

October

Immunizations

Thursday, October 6, 2011

2:30 - 3:20 p.m. (8th Period)

HMU - PA Room

Presenter: Dr. Jennifer O'Connor, Assistant Professor, ABBE



Intramurals at Rose-Hulman

Tuesday, October 18, 2011

9:55 - 10:45 a.m. (3rd Period)

HMU - PA Room

Presenter: Ryan Brimberry, Asst. Director for Recreational Sports & Athletic Facilities/
Director of Intramurals & Sport Clubs



**DID YOU
KNOW?**

Events in your local
community can
count for
SimplyWell points.
Contact Human
Resources for more
details.

Fitness/Recreation Magazines are available in the Logan Library!

Did you know that you can check out fitness/recreation magazines from the Logan Library? Below is a list of current magazines that can be checked out using your RHIT employee ID card::

Bicycling

Black Belt

Fitness

Golf Magazine

Health

Men's Health

Men's Journal

Muscle & Fitness

Runner's World

Self

Ski

Tennis Magazine



For more information, please contact Amy Harshbarger at ext. 8462.

Rose-Fit Classes

| DAY | TIME | CLASS | LOCATION |
|-----------|-------------------------|---------------------|---|
| Monday | 12:00 p.m. 5:30 p.m. | TOPS FirmFit | HMU - PA Room SRC Multi-Purpose Room |
| Wednesday | 12:00 p.m. 5:30 p.m. | Yoga IntervalFit | HMU - PA Room SRC Multi-Purpose Room |
| Thursday | 5:30 p.m. | StrengthFit | SRC Multi-Purpose Room |
| Friday | 12:00 p.m. | Yoga | HMU - PA Room |

For more information on the classes, please visit Rose-Fit's website at:

<http://www.rose-hulman.edu/Intramurals/HP%20New/HP.htm>

Healthy

RECIPE OF THE MONTH

Orange Chicken Fingers

Recipe from: [foodnetwork.com](http://www.foodnetwork.com)
Serves 6

PREPARATION INSTRUCTIONS

Make the salad: In a large bowl whisk the vinegar and honey until combined and then whisk in the sesame oil. Add the snow peas and carrots and toss well to coat. Set aside for the flavors to blend while the chicken and sauce cook.

Preheat the oven to 425 degrees F. Place a wire rack on a baking sheet and lightly mist with nonstick cooking spray.

Put the sesame seeds in a small nonstick skillet set over medium heat. Cook, stirring often, until golden brown and fragrant, about 5 minutes. Set aside to cool.

Put the cereal in a plastic storage bag and crush with a rolling pin or heavy can until coarsely crushed. In a shallow bowl combine the toasted sesame seeds, crushed cereal and orange zest and lightly season with salt and pepper.

In a second shallow dish, beat the egg whites with the teriyaki sauce. Dip each chicken tender in the egg mixture and then the cereal mixture, pressing to coat well. Place on the rack and mist the chicken with nonstick cooking spray. Bake until the crust is golden and the chicken is cooked through, 18 to 20 minutes.

Meanwhile, in a small saucepot heat the marmalade, teriyaki and ginger over medium heat until melted and well combined. Remove from heat and stir in the lemon juice. Serve the chicken with some of the sauce for dipping and the salad.

Nutrition Information

Calories 274; Total Fat 4.6g; Protein 30g; Carb 27g; Fiber 2g; Cholesterol 66mg; Sodium 357mg

INGREDIENTS

For the salad:

- 2 tablespoons rice wine vinegar
- 1 teaspoon honey
- 1 tablespoon toasted sesame oil
- 8 ounces snow peas, sliced
- 3 medium carrots, about 8 ounces, peeled and julienned, or 2 1/2 cups storebought shredded carrots

For the chicken fingers:

- Cooking spray
- 1 tablespoon sesame seeds
- 4 cups (3 1/2 ounces) crispy rice cereal
- 1/2 teaspoon grated orange zest
- Kosher salt and freshly ground black pepper
- 2 egg whites
- 1 tablespoon low-sodium teriyaki sauce
- 1 1/2 pounds boneless skinless chicken breast, cut into tenders 4 by 1 1/2-inches, about 18 pieces

For the sauce:

- 1/2 cup low-sugar orange marmalade
- 1 tablespoon low-sodium teriyaki sauce
- 1 teaspoon grated ginger
- 1 tablespoon freshly squeezed lemon juice

Source: SimplyWell