



4 Your Benefit!

WEEKLY UPDATES FROM THE OFFICE OF ISU HR-STAFF BENEFITS

Issue 2
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Weekly Special Points of Interest :

- "Wellness Bash" Coming Soon!
- Help Your Health "Naturally"

“Wellness Bash” on 9-23-09!

The Wellness Bash is a “fair-type” event that will be held in the new Student Rec Center on Wednesday, September 23rd from 11 a.m. to 3 p.m. The event is sponsored in part by Staff Benefits in Human Resources.

4 Things you should know:

1. There will be FREE food samples, “give-aways”, including T-Shirts, and drawings to register for free prizes.
2. There will be FREE glucose and cholesterol screenings as well as HIV testing.
3. There are more than 40 vendors that will be present at this festival event.
4. You can take a tour of the new Rec Center and find out about Health and Wellness options that are available to you everyday on our campus!

For the complete details of all Student Health Promotion events, visit the website at:

<http://www.indstate.edu/shp/activities.htm>



Employee Wellness and You!



4 Ways to Help Your Health

NATURALLY:

1. Soothe sinus trouble

If you're congested, headachy or feverish, it could be the start of a sinus infection. Boil a few white onions. Breathing in the stinky steam with your head under a towel for several minutes can help open stuffed-up nasal passages, plus onions have proven antiviral properties

2. Banish bad breath

Cinnamon-flavored chewing gum has been shown to reduce bad-breath-inducing bacteria by more than 50 percent, according to researchers at the University of Illinois at Chicago.

3. Avoid falling asleep at the wheel!

Put a drop of peppermint essential oil in a tissue, and inhale the scent while you're delayed in traffic or on a long, leisurely drive. Catching a whiff can help make you more alert as well as lessen frustration of being stuck at the wheel.

4. Prevent tummy trouble

Love sushi? Don't ignore the wasabi on your plate. Yes, it looks like “Play-Doh”, but the green paste, which is the Japanese version of horseradish, has antibacterial properties that can help stave off food poisoning. Swirl it into soy sauce (low sodium is best!) for a kick of flavor and tummy protection.