



# Employee Wellness News

Mercer University/August 2011

## Learn and Earn

July 29, 2011- Employee Wellness will be joining efforts with the Georgia Heart Center of MCGG along with several other professionals in our community to bring a greater awareness to heart disease and prevention during a special week dedicated to healthy hearts. [September 5<sup>th</sup> through the 9<sup>th</sup>] And, since the first day of Healthy Heart Week is a holiday, you'll have a chance to begin the week right on point with some REST & RELAXATION. There will be several opportunities to learn and earn (Healthy U points) during this week but one such event must be scheduled so we are asking for a response from you **now**. During Healthy Heart Week, the Heart Center will be on location performing AngioScreens. This is a non-invasive, non-radiation, painless, quick and low-cost screening that provides information about heart rhythm, neck and leg arteries, blood pressures, body mass index and cardiovascular fitness. You need only to remove your socks and shoes. The cost is \$50 and includes a review of the results along with printed images and a CD for your physician. The screen takes about 6-7 minutes followed by a brief explanation of the results. This is not a qualified insurance expense though you may use your flex spending account. We will schedule appointments beginning August 1 and continue until all slots have been filled. To reserve your time, call Donna at extension 2699. Click here for an AngioScreen brochure.

## Tax Free Back-to-School Shopping

August 1, 2011- August 9 marks a shift in the daily planning for many in our Mercer family since it's the first day of school for Bibb County Public Schools. What are you planning for the celebratory week-end? A last chance week-end getaway for the family? Back-to-school shopping? Why not do both? We haven't enjoyed a tax-free school shopping spree in Georgia for a couple years but some of our neighboring states still host these events. Plan your last chance family week-end in a location where you can get your shopping done tax free! Click here for details.

**At TRALE, we specialize in building *customized* health risk assessment (HRA) tools to meet *your* needs...**

*TRALE! It's FREE but you must be registered for Healthy U to take advantage of this valuable offer. Email Wellness today to get started!*

## Did you miss a Lunch & Learn you really wanted to attend?

...or as you listened, did you think of someone else who could have really benefit from the topic? We have great news for you! You get a second chance. Yep, that's right...Podcasts have arrived for Employee Wellness so you can now attend virtually when it's convenient for you--right at your own computer. Bookmark this page so you won't miss all the great topics we have lined up! <http://mercer.edu/payroll/lunch-n-learn.html>

## A new Healthy U

Every season breathes new life into us, new opportunity for change, and renewed motivation to reach our personal goals. Some of our old excuses just won't cut the mustard any longer in just a few short weeks. "It's just too hot." "Well, I've got the summer to work on this..." "There's not a fit class that suits me." Let's start planning now to make this fall a season of meeting our fitness goals! Here are a few things you can look forward to in support of a new Healthy U: New Fit Class Schedule (more class options this Fall), the 2011 Fall Challenge (an 8-week guided weight loss program), Fall Races (contact Rachel, Training begins the 8<sup>th</sup> of this month), a full week of activities during Healthy Heart Week, Gym day (a comprehensive & interactive introduction to all the fitness facilities at the University) Lunch & Learns, and let's not forget---EARNING TIME OFF or DOLLARS OFF with the new Healthy U Point redemption plan that began July 1. So set your goal---If you can perceive it, you can begin to believe it. If you can just believe it, YOU CAN ACHIEVE IT!

## Coming Soon! Healthy Heart Week



*Are you registered for Healthy U yet? Then what are you waiting for? All registrants for Healthy U may participate in the new online Health Risk Assessment from*



Recipe Winner for August is Pamela Noble for a Great Garden Ratatouille



# Alabama

[Alabama's Tax Free Weekend](#) is scheduled for August 5-7, 2011. The tax-free savings applies to the following items:

Clothing under \$100  
School supplies under \$50  
Books under \$30

**Just 145 miles away from Macon....Visit Tuskegee, Alabama** <http://www.alabama.travel/cities-towns/Tuskegee.html?gclid=CPK-hv-bpKoCFcTe4AodMhIGXQ>

# North Carolina

[North Carolina' Tax Free Weekend](#): The tax free weekend for general merchandise purchased in North Carolina is scheduled for August 5-7, 2011 and applies to the following items:

Clothing, footwear, and school supplies under \$100  
Sports and recreation equipment under \$50  
Computers under \$3,500  
Computer equipment under \$250

[North Carolina's Energy Star Sales Tax Holiday](#): In North Carolina, the Energy Star Sales Tax Holiday is scheduled for November 4-6, 2011 and applies to the following Energy Star purchases:

Clothes washers  
Freezers  
Computers/computer equipment under \$750

**Just 190 miles away from Macon....Visit Franklin, NC** <http://www.franklin-chamber.com/>

# South Carolina

[South Carolina's Tax Free Weekend](#) is scheduled August 5-7, 2011. The tax-free savings applies to the following items:

Clothing  
Accessories  
Footwear  
School supplies  
Computers  
Computer equipment

**Just 150 miles away from Macon....Visit Aiken, SC** <http://www.aikenis.com/>

# Tennessee

[Tennessee's Tax Free Weekend](#) will take place from August 5-7, 2011, and applies to the following types of merchandise:

Clothing under \$100  
School and art supplies under \$100  
Computers under \$1,500

**Just 200 miles away from Macon....Visit Chattanooga, TN** <http://www.chattanoogaafun.com/>

**Remember:** Online buying from participating stores located within these areas also qualifies for tax free!



# Ratatouille

Better  
Homes  
and Gardens.

## ingredients

- 1/2 cup chopped onion (1 medium)
  - 1 clove garlic, minced
  - 1 tablespoon olive oil or cooking oil
  - 3 cups cubed, peeled eggplant
  - 1 medium zucchini or yellow summer squash, halved lengthwise and cut into 1/4-inch slices (1 1/2 cups)
  - 1 cup chopped, peeled tomatoes (2 medium) or one 14.5-ounce can diced tomatoes, drained
  - 3/4 cup chopped green sweet pepper (1 medium)
  - 3 tablespoons dry white wine, chicken broth, or vegetable broth
  - 1/4 teaspoon salt
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## directions

1. In a large skillet cook onion and garlic in hot oil over medium heat until onion is tender. Stir in eggplant, zucchini, tomatoes, sweet pepper, wine, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until vegetables are tender. Uncover and cook about 5 minutes more or until most of the liquid has evaporated, stirring occasionally. Season to taste with additional salt and pepper. Stir in basil just before serving.
2. Makes 4 servings

## nutrition facts

Calories 82 Total Fat (g) 4 Saturated Fat (g) 1, Monounsaturated Fat (g) 3, Polyunsaturated Fat (g) 1, Cholesterol (mg) 0, Sodium (mg) 155, Carbohydrate (g) 10, Total Sugar (g) 5, Fiber (g) 4, Protein (g) 2, Vitamin A (DV%) 0, Vitamin C (DV%) 58, Calcium (DV%) 3, Iron (DV%) 4, Vegetables (d.e.) 2, Fat (d.e.) .5, Percent Daily Values are based on a 2,000 calorie diet

# You did it!

You found the **BONUS Point** for August!

Here's what you can do to rack up some bonus points. The picture below was taken somewhere on the Bear Trails. You may have to walk a little, but it will be worth it! Email a pic of you in exactly this spot to Wellness. If your hunt is successful, you'll be awarded 5 bonus points for the effort.

[Click here for a Bear Trail Map.](#)



# Days or Dollars?

(ONLY MONTHS WHERE YOU ACHIEVED THE  
MINIMUM 50 POINTS COUNT TOWARDS THE TOTAL)

EXAMPLE:

JUL <b>85</b>	AUG <b>72</b>	SEP <b>80</b>
OCT <b>80</b>	<del>NOV <b>25</b></del>	<del>DEC <b>15</b></del>
JAN <b>65</b>	FEB <b>75</b>	MAR <b>78</b>
<del>APR <b>34</b></del>	<del>MAY <b>7</b></del>	JUN <b>65</b>

TOTAL POINTS FOR THE YEAR=600  
600/60 minutes=10 HOURS OFF or  
 $600 \times .50 = \$300$  reduction in max out-of-pocket