Get Ready to Get Moving:
Northwestern’s Purple Laces Movement Challenge Is Back!

Once again, Northwestern is partnering with WalkingWorks – a Blue Cross Blue Shield program promoting the fitness benefits of physical activity – to bring you the Purple Laces Movement Challenge. The challenge – which will begin May 15 and end June 21 – provides you with a platform to track your activity, features a team-based approach that encourages peer support, and uses friendly competition to help you reach your fitness goals.

As a participant in the Purple Laces challenge, you’ll be able to use WalkingWorks to:

• Set personal fitness goals
• Provide and receive peer support
• Track your physical activity (specifically, the number of steps you walk each day or an activity equivalent)
• Receive tips and suggestions to help you achieve your fitness goals, and
• Monitor your and your team’s ongoing progress.

Watch for more information about the Purple Laces Movement Challenge at www.northwestern.edu/yourlife … coming in May.

Start Walking!
It’s an Easy Way to Improve Your Health
Experts agree, taking a 30-minute walk several times a week at a brisk pace (3 mph) can help you:

• Lose weight, improve your cholesterol levels, increase your energy, and boost your mood
• Strengthen your muscles, bones, and joints, and
• Reduce your risk of developing heart disease, stroke, and diabetes.

That’s why the President’s Council on Physical Fitness and Sports recommends walking 30 minutes a day five or more days a week (or about 10,000 steps a day).

YourLife Wellness Calendar for April, May, June … see page 2
YourLife Nutrition Resource Group: You’re Invited … see page 2
Come Join Us! Wellness Wednesdays & Feel Good Fridays … see page 2
Spring Cleaning Tips for the Body, Mind, and Spirit … see page 3
FREE Blood Pressure Screenings: April 18 and 20 … see page 3
Top 7 Online Calculators May Help You Save Money on Student Loans … see page 4
Setting (Achievable) Savings Goals … see page 4

Count On Me! 2017 Take Our Daughters & Sons to Work Day
This year, Take Our Daughters & Sons to Work Day – “Count on Me!” – is Thursday, April 27th.

This annual event, organized by the Office of Human Resources, is open to Northwestern faculty and staff members and their friends and relatives (aged 8-16). The program will introduce participating children to a variety of workplace roles and help them envision their professional goals.

In an effort to offer more children an opportunity to participate, the event will be FREE to registered attendees. After the event, we encourage parents to take their child(ren) to lunch. It is a great opportunity to hear about their experience and to check out local eateries. There will be space available on each campus for those who wish to bring a brown bag lunch. Registration closes on April 11th or when full. For more information, visit www.northwestern.edu/hr/about/hr-events/tydswd or contact Lori-Anne Henderson at la-henderson@northwestern.edu or 847-491-3612.

Walking Your Way to Fitness? Be Sure to Use the Proper Walking Technique

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here’s how you’ll look when you’re walking:

Hold your head high. Look forward, not at the ground. Keep your chin parallel to the ground. Move your shoulders naturally. Keep your back straight, not arched forward or backward. Swing your arms freely with a slight bend in your elbows. Gently tighten your stomach muscles. Walk smoothly, rolling your feet from heel to toe.

Source: Mayo Foundation for Medical Education and Research

Northwestern has received the WorldatWork Work/Life Seal of Distinction for the third year in a row. “This recognition acknowledges our on-going efforts to make Northwestern a great place to work,” said Pam Beemer, Vice President and Chief Human Resource Officer. “We are honored to again receive this award.”

How’s your “financial fitness”? Keeping your finances in good shape is important to your overall wellbeing. Whether you need help saving more or managing your finances, check out the information highlighted on page 4.

Northwestern YourLife / Issue 6 / April 2017
Wellness Wednesdays and Feel Good Fridays – sponsored by the YourLife wellness program and Northwestern Recreation – is a series of wellness classes on various Wednesdays and Fridays.

- **Wellness Wednesday** and **Feel Good Friday** Fitness Classes accommodate all levels of fitness. Bring your WildCARD, a yoga mat, water bottle and towel to classes. Class size is limited; advance registration is encouraged. Registration for each class will open at 8am Monday of that week. (Drop-ins are welcome if space permits.) For registration information, visit www.northwestern.edu/yourlife/events/wellness-wednesdays.html.

- **Wellness Wednesday Lunch & Learns** offer a monthly presentation on topics promoting physical, financial, and emotional well-being. You are encouraged to bring your own lunch. Registration is not required.

To join the YourLife mailing list and receive event notifications, contact evelyn.cordero@northwestern.edu or 847-467-6246.

## YourLife Nutrition Resource Group: You’re Invited

If you’re interested in learning about nutrition strategies and looking for peer encouragement, the YourLife Nutrition Resource Group provides valuable information and support. The group meets weekly – Tuesdays on the Chicago campus; Thursdays on the Evanston campus – from 12-1pm.

<table>
<thead>
<tr>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
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<tbody>
<tr>
<td>S</td>
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<td>16</td>
<td>17</td>
<td>18</td>
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</tbody>
</table>

**Ott = Open House Potluck**  **GM = Group Meeting**  **GS = Guest Speaker**

### Chicago Campus Meetings
- **April 5**: Lunch & Learn: The Best Ways to Stay Healthy as You Age
  - Location: Henry Crown Sports Pavilion
  - Time: 12:10-12:50pm

- **April 12**: Zumba
  - Location: Norris, Wildcat Room
  - Time: 12:05-12:50pm

- **April 14**: HIIT/Core Conditioning
  - Location: Norris, Wildcat Room
  - Time: 12:10-12:50pm

- **April 26**: Restorative Yoga
  - Location: Parkes Hall Room 122
  - Time: 12:05-12:50pm

- **May 3**: Pilates
  - Location: Norris, Northwestern Room
  - Time: 12:05-12:50pm

- **May 10**: Zumba
  - Location: Norris, Wildcat Room
  - Time: 12:05-12:50pm

- **May 17**: Lunch & Learn: Three Dozen Aliments, One Prescription: MOVIE
  - Location: Henry Crown Sports Pavilion
  - Time: 12:10-12:50pm

- **May 19**: HIIT/Core Conditioning
  - Location: Norris, Northwestern Room
  - Time: 12:10-12:50pm

- **May 24**: Restorative Yoga
  - Location: Norris, Northwestern Room
  - Time: 12:05-12:50pm

- **June 7**: Pilates
  - Location: Norris, Northwestern Room
  - Time: 12:05-12:50pm

### Evanston Campus Meetings
- **April 5**: Lunch & Learn: Staying Younger Longer
  - Location: Robert H. Lurie Medical Research Center, Gray Seminar Room
  - Time: 12:10-12:50pm

- **April 12**: Yoga
  - Location: Lake Shore Park Gymnasium
  - Time: 1:15-2pm

- **April 14**: Zumba
  - Location: Law School Courtyard
  - Time: 1:15-2pm

- **April 26**: Pilates
  - Location: Lake Shore Park Gymnasium
  - Time: 1:15-2pm

- **May 3**: Zumba
  - Location: Lake Shore Park Gymnasium
  - Time: 1:15-2pm

- **May 10**: Restorative Yoga
  - Location: Lake Shore Park Gymnasium
  - Time: 1:15-2pm

- **May 17**: Lunch & Learn: Choosing the Right Exercise Program
  - Location: McGraw Pavilion, Room 1-401
  - Time: 12:10-12:50pm

- **May 19**: Zumba
  - Location: Law School Courtyard
  - Time: 12:15-1pm

- **May 24**: Restorative Yoga
  - Location: Lake Shore Park Gymnasium
  - Time: 1:15-2pm

- **June 7**: Pilates
  - Location: Lake Shore Park Gymnasium
  - Time: 1:15-2pm

### Newcomers and Drop-ins
New members and drop-ins are always welcome; membership is not required to attend. Feel free to bring your lunch. Participants are encouraged to bring a dish to share at the Open House Potluck meetings, but are not required to do so. For more information, contact Evelyn Cordero, Wellness Coordinator, Human Resources Benefits Division, at evelyn.cordero@northwestern.edu or 847-467-6246.

### Come Join Us! Wellness Wednesdays & Feel Good Fridays:

**Wellness Wednesdays and Feel Good Fridays** – sponsored by the YourLife wellness program and Northwestern Recreation – is a series of wellness classes on various Wednesdays and Fridays.

- **Wellness Wednesday** and **Feel Good Friday** Fitness Classes accommodate all levels of fitness. Bring your WildCARD, a yoga mat, towel and water bottle to classes. Class size is limited; advance registration is encouraged. Registration for each class will open at 8am Monday of that week. (Drop-ins are welcome if space permits.) For registration information, visit www.northwestern.edu/yourlife/events/wellness-wednesdays.html.

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To join the YourLife mailing list and receive event notifications, contact evelyn.cordero@northwestern.edu or 847-467-6246.

### Introducing “Feel Good Fridays”:

Starting in April, fitness classes also will be offered on Fridays. “Feel Good Friday” fitness classes are included in the calendar at right. For registration information, visit www.northwestern.edu/yourlife/events/wellness-wednesdays.html.
Spring Cleaning Tips for the Body, Mind, and Spirit

In the traditional sense, “spring cleaning” refers to a top-to-bottom cleaning of the home after months of inclement winter weather. While you’re sprucing up your home this season, don’t overlook spring cleaning as an opportunity to cleanse your body, mind, and spirit—a time of personal renewal and potential new growth.

While there are a number of things you can do, your focus should be on getting rid of clutter—whether physical or emotional—and creating a healthy, productive, and supportive working/living space. Where to start? Here are some ideas:

Clean out closets and drawers.
- Remove items that you no longer use or switch out a seasonal wardrobe.
- Clear out any debris that has accumulated and discard old hangers or plastic bags.
- Prepare a donation box or bag.
- Eliminate paper and unneeded items. When possible, recycle or donate.

Some Simple Ways to Relieve Stress

When you’re busy, it’s easy to think that tackling the next item on your to-do list is more important than relaxing. But consider this: it’s harder to take care of those things — or the people in your life — if you don’t take care of yourself first. You’ll have more energy and patience when you’re relaxed.

Here are some simple relaxation techniques that can help you relieve stress:

- Deep Breathing. See below...

Guided Imagery. Your brain often can’t distinguish whether you’re imagining something or if you’re actually experiencing it. That’s why your imagination can be a very powerful resource in relieving stress and pain. Guided imagery involves directed thoughts and suggestions that guide your imagination toward a relaxed, focused state. You can use it to help you sleep better, reduce anxiety, fear, and panic, and make it easier to manage chronic conditions.

Progressive Muscle Relaxation. Most people carry stress in their muscles. After a while, these tense muscles feel normal. Progressive muscle relaxation — tensing then relaxing each muscle group of the body, one group at a time — is a relaxation technique used to reduce stress. It is based on the idea that whatever relaxes your muscles can also help relax your mind.

Tai Chi and Yoga. Tai chi and yoga are traditional exercises that combine movement and meditation. They can help you relax, improve your posture, balance, coordination, and flexibility, and boost your health and quality of life.

Ahhh ... The Benefits of Deep Breathing

Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when your first wake up in the morning or just before you fall asleep.

Deep breathing is one of the best ways to relieve stress in the body. When you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

While there are a number of breathing exercises you can do to help you relax, belly breathing is perhaps the simplest to learn and easiest to do. The next time you need to relax or relieve stress, try this:

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your hand should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times, taking your time with each breath.
6. Notice how you feel at the end of the exercise.

Source: Healthwise by Kaiser Permanente

FREE Blood Pressure Screenings: April 18 and 20

Nearly 80 million Americans have high blood pressure, but many are unaware because they don’t have any symptoms. That’s why it’s called “the silent killer.” Knowing your blood pressure—and getting it under control if it is high—is one of the simplest (but most important) things you can do to protect your health. With that in mind, Northwestern is hosting FREE on-campus blood pressure screenings, available to all Northwestern faculty and staff.

<table>
<thead>
<tr>
<th>Chicago Campus</th>
<th>Evanston Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, April 18</td>
<td>Thursday, April 20</td>
</tr>
<tr>
<td>10am to 2pm</td>
<td>10am to 2pm</td>
</tr>
<tr>
<td>Lurie Medical Research Center, Gray Seminar Room</td>
<td>Norris University Center, 206 Arch Room</td>
</tr>
</tbody>
</table>

To schedule your appointment, visit www.myhighhealth.com. If you have any questions, please contact Benefits at 847-491-7513.

Source: Adapted from Healthy Mind, Healthy Body Handbook, David Sobel, MD, and Robert Omstein, PhD, via Kaiser Permanente
### Top 7 Online Calculators May Help You Save Money on Student Loans

<table>
<thead>
<tr>
<th>Calculator Name</th>
<th>Description</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refinancing Calculator from Student Loan Hero</td>
<td>Helps determine how much of your student loans could be forgiven if you're in an eligible plan.</td>
<td><a href="https://studentloanhero.com/calculators/student-loan-refinancing-calculator/">https://studentloanhero.com/calculators/student-loan-refinancing-calculator/</a></td>
</tr>
<tr>
<td>Cost of Interest Capitalization Calculator from FinAid</td>
<td>Helps you decide whether deferring repayment of your student loans makes sense for you.</td>
<td><a href="https://finaid.org/calculators/student-loan-payoff-vs-invest-calculator/">https://finaid.org/calculators/student-loan-payoff-vs-invest-calculator/</a></td>
</tr>
<tr>
<td>Student Loan Repayment Estimator from the US Department of Education</td>
<td>Calculates the cost of deferring loan repayment.</td>
<td><a href="https://studentloans.gov/mobile/repayment/repaymentEstimator.action">https://studentloans.gov/mobile/repayment/repaymentEstimator.action</a></td>
</tr>
<tr>
<td>Prepayment Calculator from Student Loan Hero</td>
<td>Helps you calculate an affordable repayment plan based on your current income.</td>
<td><a href="https://studentloanhero.com/calculators/student-loan-prepayment-calculator/">https://studentloanhero.com/calculators/student-loan-prepayment-calculator/</a></td>
</tr>
</tbody>
</table>

### Setting (Achievable) Savings Goals

If you’re like most people, you may be juggling competing financial goals, beyond saving for retirement. This can make it a challenge to meet your long-term savings goals.

If this is true for you, consider shortening your list of savings goals. Studies show that people with fewer goals are more likely to feel they are “on track” toward meeting them. Here’s how people say they’re doing, based on how many non-retirement goals they have:

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>How They’re Doing</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Goals</td>
<td>28%</td>
<td>19% on track to meet my goals; 38% saving, but not as well as I hoped; 43% still dreaming, it’s going to be a while</td>
</tr>
<tr>
<td>3 Goals</td>
<td>36%</td>
<td>20% on track to meet my goals; 46% saving, but not as well as I hoped; 34% still dreaming, it’s going to be a while</td>
</tr>
<tr>
<td>1 Goal</td>
<td>54%</td>
<td>36% on track to meet my goals; 38% saving, but not as well as I hoped; 28% still dreaming, it’s going to be a while</td>
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</tbody>
</table>

### Setting savings goals? Remember to:
- Give yourself a financial check-up.
- Set achievable goals.
- Check on your progress regularly.

Source: Fidelity Investments Financial Wellness Money Check-Up, June-September 2016

### Two New EAP Resources Make Your Life Easier

Two new online resources available through the Northwestern Employee Assistance Program (EAP) website are designed to provide you with quick online access to useful support tools.

- **Provider Search**: Use this online tool to search the EAP provider database by ZIP code to easily find a nearby EAP provider. (Before seeing a provider, be sure to call the number listed at the top of the webpage to get an authorization.)
- **Member Self-Service**: Use this resource to access interactive online request forms. Once you fill out a form (indicating the type of support requested), the EAP team will review and respond with next steps within two business days.

To access both resources, log on to: https://www.humana.com/eap (enter Username: northwestern, Password: eap). Click on “Provider Search” or “Member Self-Service” (in the right hand column under “Get expert help”).

Remember, your EAP team is here to support you and connect you to tools that can help make your life a little easier.

To reach a member of the team, call 888-547-1851.