Week Three

Hard to believe we are already on week three! Tomorrow is St. Patrick’s Day – Don’t just wear green; eat green fruits and veggies!!! We also have our first Health and Wellness Presentation tomorrow; a Wellness coach from the campus Health and Wellness Center will be talking to us about how to make healthy changes in our behavior, as well as the importance of having regular exercise in our lives. The presentation will be in Room 223 (by the cafeteria) and will go from 11am – noon.

Weekly Fitness Tips

• Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity. If you’re going to go walking at lunch, make sure you put on some good walking shoes – I don’t care how comfy your Jimmy Choos are, they do not give you the kind of support your feet need for exercise. 😊

• Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

Free Pilates Lessons

It sounds like there is a lot of interest for a free Pilates demonstration/lesson! We are still hammering out the exact dates and times, but Holly, the Pilates instructor we are talking to, has agreed to do 3 different sessions in April – one session will teach arm exercises, another session will teach ab exercises and the last will teach leg exercises.

Each session will only last about 20 minutes, enough time for you to see the exercises demonstrated and make sure that you know how to perform them safely and effectively. The purpose of the lessons is to teach you the exercises so you can do them at home on your own; you won’t even have to change out of your work clothes for the lesson if you don’t want to.

Holly will be here for at least a couple of hours each day so that she can do multiple sessions and get to as many people as possible.

I will let you all know the dates and times when we have them scheduled.

Drawing Winners and Leading Team

Congrats to our drawing winners – Amy Donaldson and Sandee Moore!

The team currently in the lead is…PEas & CARrots Now! (PECARN)
Fun and Completely Random Wellness Trivia

- 40% of all indigestion remedies sold in the world are bought by Americans.
- Banging your head against a wall uses 150 calories an hour.
- From the age of thirty, humans gradually begin to shrink in size.
- The average office desk has 400 times more bacteria than a toilet.
- The most pushups ever performed in one day was 46,001.
- Americans, on average, eat 18 acres of pizza every single day.
- Chocolate contains the same chemical, phenyl ethylamine that your brain produces when you fall in love.
- The average chocolate bar has 8 insects' legs in it.
- Apples, not caffeine, are more efficient at waking you up in the morning.
- McDonalds calls frequent buyers of their food 'heavy users'.
- You burn more calories sleeping than you do watching television.
- 1 in every 200 people is a psychopath and they look just like everyone else.
- Astronauts are not allowed to eat beans before they go into space because passing wind in a spacesuit damages them.
- Each pound above your ideal weight lowers your life expectancy by 34 days.
- A pessimistic outlook may make you four times more likely to catch a cold.
- Honey is the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible.
- There are 10 human body parts that are only 3 letters long (email me with all 10 and you’ll get 5 extra entries into this week’s drawing!).
- Grapes explode when you put them in the microwave. You have been warned!

Ways to Manage Stress

1. Exercise. Nothing is more effective at handling stress than a vigorous workout. Whether you head outside or to the gym, a sweaty cardio session will ease stress and anxiety while releasing feel-good endorphins.

2. Meditate on the Positives. It’s easy to forget about all the wonderful things in life when you’re stressed out, but it’s absolutely essential during times of stress. Thinking about, and being thankful for, all the ways your life is going right will help you gain perspective.

3. Keep a Journal. Often, just getting your frustration and worry down on paper (or on a computer) helps you sort it out, come up with a pro-active plan and gain a sense of control.

4. Eat a Healthy Diet. Keep your energy up by eating a well-balanced diet rich in fruits and vegetables, whole grains and dairy.

5. Laugh. Whoever said that laughter is the best medicine was absolutely right. Get together with friends and enjoy the company of those who make you laugh.

6. Get Plenty of Sleep. A good night’s sleep – at least 7 hours – does wonders for your state of mind.

7. Chew Gum. Replace bad stress-induced habits like nail biting and smoking with gum chewing.

8. Listen to Music. Your favorite CD or iPod mix can do wonders for your mood. Take a walk or enjoy a rejuvenating timeout from the world with your favorite music mix.

9. Volunteer. Helping someone in need will make you feel good about giving back while taking your mind off your own personal troubles.

10. Spend Time with a Pet. Take your dog for a walk or the park to play frisbee. Cuddle with your cat on the couch. Having pets is proven to lower stress levels and make you smile.

11. Let it Out. Don’t keep stress all bottled up inside. Talk it out with a friend or spouse. If you feel you can’t handle your stress or anxiety, a professional therapist can help.

12. Accept and Adapt. Flexible people that are able to change and adapt to fit new circumstances are able to handle stress much better than people with rigid mindsets.