



Employee Wellness Newsletter

VOLUME 3

ISSUE 1

JANUARY 2017

UPCOMING EVENTS:

Biometric Screening & Real Age Test

January 18 from 1–4pm
Heilman Dining Center
Richmond Room
Make your appointment today by logging onto:
<http://tinyurl.com/UofRworkplacewellness>

Walk-ins are also welcome!

Food for Thought: New Year, New Goals!

January 25th 12-1pm
International Commons
Register at:
<http://richmond.csod.com>

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University of Richmond Employee Wellness

Smoking Cessation Month

Making it through the cravings with all the unpleasant withdrawal symptoms in addition to the challenge of breaking a habit, it's no wonder many smokers have to quit several times before it really takes. Here are some ways to cope with the ordeal of quitting smoking:

Take a brisk walk. Even a five- or ten-minute walk can help you through your cigarette craving, reduce your withdrawal symptoms, and can triple the amount of time it takes for your next craving to hit.

Spend time in places where smoking is not allowed. Try the library, museums, bookstores and malls. Make it a point to check out some places you've never gone before.

Change other habits too. If you previously smoked when you watched TV, unplug the TV set. If you had to smoke with your morning coffee, have tea instead. Make plans to do something you enjoy when you otherwise would have been smoking your favorite cigarettes of the day -- listen to a new CD, take a walk outdoors, call a friend, or take a bath.

Changing your routine will lessen the feeling that something is missing. List your reasons. Make a list of all your reasons for quitting, and keep copies of it in your wallet, at your desk at work, and on the refrigerator at home. Refer to it when you are tempted to smoke.

Don't be fooled. Remember, there is no "just one" cigarette or puff. Remind yourself that the strong desire to smoke will eventually pass. The short-term discomfort is well worth the long-term gains.

Stall. If you feel like you are about to give in, tell yourself you have to wait at least 10 minutes. This will often allow you to move beyond the strong urge to smoke. Reward yourself. Save the money you would have spent on tobacco, either for a small daily or weekly treat, or for a major purchase.

<http://timewellspent.anthem.com/images/calendar-bcbs/bcbs-promotional-wellness-flyer-smoking-cessation.pdf>

The following resources are available free of charge to help you quit smoking for good.

1-800-QUIT-NOW (1-800-784-8669), or 1-855-DÉJALO-YA (1-855-335-3569) for Spanish speakers. Get free support and advice from experienced counselors, a personalized quit plan, self-help materials, the latest information about medications to help manage cravings and reduce the urge to smoke, and much more by calling this toll-free number.

Source: www.cdc.gov



Happy New Year! Healthy Tips for 2017!

Learn how you can live a safer and healthier life in 2017:

- Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.
- Make an appointment for a check-up, vaccination, or screening.
- Wash your hands often with soap and water to prevent the spread of infection and illness.

Healthy You

- Make healthy food choices. Grab a healthy snack.
- Be active to improve overall health. Try simple things such

as taking the stairs instead of the elevator. Consider mall walking if the weather is cold or icy. Be active for at least 2½ hours a week.

- Be smoke free.
- Get enough sleep. Remember that sleep is a necessity, not a luxury.

Healthy Family

- Learn how to be healthy before, during, and after pregnancy.
- Reduce auto-related injuries by using seat belts, child safety seats, and

Reduce auto-related injuries by using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

- Learn positive parenting tips to keep teens safe on the road.
- Lower the risk of foodborne illness as you prepare meals for your family.
- Gather and share family health history.
- Get pets vaccinated and keep pets healthy.

Source: www.cdc.gov



Educational Corner: Change a Habit by Setting Goals

If you've decided to change a habit—whether it's quitting smoking, lowering your blood pressure, becoming more active, or doing something else to improve your health—congratulations! Making that decision is the first step toward making a change.

1. Have your own reason

Your reason for wanting to change a habit is really important. Maybe you want to quit smoking so that you can avoid future health problems. Or maybe you want to eat a healthier diet so you can lose weight. If you have high blood pressure, your reason may be clear: to lower your blood pressure.

You need to feel ready to make a change. If you don't feel ready now, that's okay. You can still be thinking and planning. When you truly want to make changes, you're ready for the next step.

It's not easy to change habits. But taking the time to really think about what will motivate or inspire you will help you reach your goals.

2. Set goals you can reach

When you are clear about your reasons for wanting to make a change, it's time to set your goals.

Long-term goals: These are large goals that you want to reach in 6 to 12 months.

Short-term goals: What are the short-term goals that will help you reach your long-term goals? Short-term goals are the small steps you take, week by week, to improve your health.

Updated goals: To help you stay motivated, track your progress and update your goals as you move forward. Try these tips for setting goals:

Focus on small goals. This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.

Write down your goals. This will help you remember, and you'll have a clearer idea of what you want to achieve. Use a personal action plan to record your goals. Hang up your plan where you will see it often as a reminder of what you're trying to do.

Make your goals specific. Specific goals help you measure your progress. For example, setting a goal to eat 5 helpings of fruits and vegetables 5 days a week is better than a general goal to "eat more vegetables."

Focus on one goal at a time. By doing this, you're less likely to feel overwhelmed and then give up.

When you reach a goal, reward yourself. Celebrate your new behavior and success for several days and then think about setting your next goal.

3. Prepare for slip-ups

It's perfectly normal to try to change a habit, go along fine for a while, and then have a setback. Lots of people try and try again before they reach their goals.

What are the things that might cause a setback for you? If you have tried to change a habit before, think about what helped you and what got in your way.

By thinking about these barriers now, you can plan ahead for how to deal with them if they happen.

There will be times when you slip up and don't make your goal for the week. When that happens, don't get mad at yourself. Learn from the experience. Ask yourself what got in the way of reaching your goal. Positive thinking goes a long way when you're making lifestyle changes.

4. Get support

The more support you have for making lifestyle changes, the easier it is to make those changes.

Try these tips for getting support:

Get a partner. It's motivating to know that someone is trying to make the same lifestyle change that you're making, like being more active or changing your eating habits. You have someone who is counting on you to help him or her succeed. That person can also remind you how far you've come.

Get friends and family involved. They can exercise with you or encourage you by saying how they admire what you are doing. Family members can join you in your healthy eating efforts. Don't be afraid to tell family and friends that their encouragement makes a big difference to you.

Join a class or support group. People in these groups often have some of the same barriers you have. They can give you support when you don't feel like staying with your plan. They can boost your morale when you need a lift. You'll also find a number of online support groups.

Give yourself positive reinforcement. When you feel like giving up, don't waste energy feeling bad about yourself. Remember your reason for wanting to change, think about the progress you've made, and give yourself a pep talk and a pat on the back.

Get professional help. A registered dietitian can help you make your diet healthier while still allowing you to eat foods that you enjoy. A trainer or physical therapist can help design an exercise program that is fun and easy to stay on. A psychiatrist, a psychologist, a social worker, or your doctor can help you overcome hurdles, reduce stress, or quit smoking.

Source: webmd.com



Healthy Cooking: Taco Turkey Boats

This is a great combination of zucchini with spicy turkey filling, topped with melted cheese and refreshing shredded lettuce. This can be served over Basmati rice or shredded lettuce or even black beans for a balanced meal.

Ingredients:

- 4 medium zucchini, cut in half lengthwise
- 1/2 cup salsa
- 2 cloves garlic, minced
- 1 pound lean ground turkey (or chicken)
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1/4 teaspoon cinnamon
- 1/2 cup chopped cilantro leaves and some stems
- 1/2 tsp oregano
- 1/2 tsp sea salt
- 1/4 cup water
- 4 oz no-salt-added tomato sauce
- 1 to 2 jalapeño peppers, minced (optional)

Garnish items:

- Finely chopped green onion and/or finely chopped cilantro, for garnish
- 1/2 cup shredded cheese (your choice: vegan or other healthy option)
- Salsa for garnish, optional
- Shredded lettuce for topping and as a possible bed for the boats

Instructions:

- Preheat oven to 400F. Place 1/4 cup of salsa in the bottom of a large baking dish.
- Using a small spoon, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half.
- Chop the scooped out zucchini flesh and save 1/2 cup to add to the taco filling (squeeze excess water with a paper towel,) discarding the rest.
- Brown turkey in a large skillet, breaking up as it cooks. When no longer pink, add the chili powder, garlic, cumin, paprika, oregano, and salt and mix well. Add the reserved zucchini, tomato sauce, salsa, and water. Stir and simmer on low for 15 minutes.

Mindful Monday Group



- Lower your stress
- Feel more centered
- Focus more easily
- All students, faculty, and staff are welcome

When: Mondays from 12- 1 pm

Where: Wilton Center

Questions? Contact Mac at rmancast@richmond.edu or
Kristen Day at kday@richmond.edu

Prevent Boredom from Sabotaging Your Fitness Goals: Aaron McKissick, MS, CSCS, USAW: Bon Secours In Motion

Getting bored with your exercise routine can make it harder to stay in shape, lose weight and reach your fitness and health goals.

If you find yourself making excuses not to work out, it's time to switch things up before you quit exercising altogether.

Fortunately, it's not hard to make some simple changes that can recharge your motivation. Your muscles won't get bored either.

One way to fight off exercise boredom is by altering your current training days and activities. Your training goals can stay the same, while your exercises and what days you do them can vary.

For example, if your Monday workout usually consists of lower body push exercises and upper body pull exercises and your Wednesday workout is the opposite, try flipping these days. Ask a personal trainer for advice on new exercises you can try to work specific muscle groups.

Another way to prevent boredom is to try different physical activities. Do something you enjoy like running, playing beach volleyball, soccer, etc. You can also try a different workout style like Zumba® or yoga.

For some, it helps to have a workout partner or to exercise with other people. Having someone to talk to and bounce ideas off of can really help take the staleness out of your

daily routine. Workout partners can be very helpful when it comes to staying motivated, using proper form in the weight room and remembering other safety considerations.

Perhaps the best part of changing your routine is that it keeps your body guessing, which makes it easier to achieve the results you want.

That's all the motivation many of us need.



UR Well EMPLOYEE



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employeewellness.richmond.edu

Karen's Korner, Karen Hensley, UR Dietician: What's Your New Year's Resolution

January 1st can also be known as "Start Your Diet Day." People start thinking about what foods they "can" and "can't" eat. While having a healthier plate with ½ of your plate fruits and vegetables, ¼ plate lean protein, and ¼ plate whole grain can be effective, start also focusing on how you eat.

- Are you sitting down to eat with minimal distractions?
- Are you paying attention to your food, noticing tastes and textures? Chewing your food well? Stopping when you're no longer hungry?
- Are you allowing yourself to enjoy treats in moderate amounts, realizing that oftentimes you're satisfied with a few bites instead of an entire dessert?

These are some ways to become a more mindful eater and developing healthier eating habits. Don't resolve to following a specific diet, choose to nourish your body and mind by slowing down, paying attention, and savoring your food.

Karen Hensley, MS, RD, CSSD
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Healthy Hint:

Flu season starts around October and usually peaks in January/ February. But you can catch the flu all year long. Symptoms may be minor, like a runny nose or sore throat, or very serious – even life-threatening. Your best protection is to get the flu vaccine each year. It's even safe for babies as young as 6 months. Talk to your doctor if you have questions or concerns about the vaccine. Because the flu is spread through contact with

affected people and things, good hygiene is an important defense. Wash your hands often to kill germs, and avoid people who are sick. If you get the flu, stay home for at least 24 hours after a fever passes so you're not contagious.

*Flu
prevention
isn't
seasonal*

http://timewellspent-ca.anthem.com/images/hints-bcbs/BCBS_Healthy_Hints_Interactive_Calendar.pdf