



## February Newsletter

### Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC

Howdy, Texas A&M! A big CONGRATULATIONS to everyone participating in **Living WELL Aware at Texas A&M**. How did January go for you? Is 2017 off to an amazing start or are you struggling with making desired changes? No matter which camp you are in, keep moving FORWARD! Changing long held habits are NOT going to change overnight. Focus on the things where you did make some headway, congratulate yourself, and stay the course. If you haven't viewed *Normal Numbers Now* on TrainTraq, schedule a date and time NOW (**Workstation M – click [here](#). Workstation H – click [here](#).**). If you don't know your numbers or haven't had them checked in a "long" time, schedule an appointment NOW.

#### February – Essential Element #2: Critique Caloric Consumption

If you have ANY "abnormal numbers" such as being overweight with a BMI greater than 25 or a blood pressure, blood sugar or cholesterol value that is not in the ideal range, this essential element is your ticket to greater vitality and longevity. While some have healthy food consumption down to a fine art, the rest of us, have room for significant improvement. Recently, someone who needed to lose quite a bit of weight asked me: "If you could give me two suggestions to improve my food intake, what would you recommend?" I told her:

- 1) Cut the Carbs.** Focus on fresh veggies, fruits (but watch the amount), and LEAN meats. Get rid of breads, sandwiches, pastries, donuts, pasta, potatoes, sweets, chips, tortillas, cream sauces, etc.
- 2) Cut your portion sizes,** in half or greater.

How could you improve your food intake?

You are really going to like this month's video on *Critique Calorie Consumption*. Your new Employee Wellness Coordinator, Kourtney Martin, described it as "wonderful with great information". Additional information NOT covered in the book and workbook are included in the video. You'll enjoy the concluding segment where YOU have to really analyze your food intake and put each food in categories. Schedule a time, or times, for you and your coworkers to complete the course.

*Living WELL Aware at Texas A&M – Essential Element 2: Critique Calorie Consumption* is found at:

Texas A&M University, Workstation M – click [here](#).

Texas A&M Health Science Center, Workstation H – click [here](#).

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### Employee of the Month: Judith Miller – Office of Facilities Coordination

Each month we will be featuring an employee participating in **Living WELL Aware at Texas A&M**. This month, Judith Miller inspires us to take CHARGE of our wellness. After struggling with her weight, she is now down “164lbs, am off all medications” and is “living and loving life.” She is “glad that Living WELL Aware at Texas A&M is spreading the word that health encompasses more elements than just diet and weight.” Her department has established a wellness group, one that she hopes “helps me and encourages others to make healthier decisions.” By sharing her story she hopes to inspire and assure others at Texas A&M that “No step towards your health and happiness is too small. Before you know it, you will be further down your path to being a healthier and happier person than you thought possible.”

Are you inspired by Judith’s story? Contact Kourtney at [wellness@tamu.edu](mailto:wellness@tamu.edu) if you have an inspirational story you would love to share with us about your wellness successes and how Living WELL Aware at Texas A&M is motivating you!

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### Upcoming Events

- **Eat Right, Feel Right!**  
**Thursday, February 23 | 12:00 p.m. – 1:00 p.m.**  
**General Services Complex (GSC) Room 101A**  
If you are looking for a more in depth approach to Critiquing your Caloric Consumption, *WELLNESS WORKS!* and the Texas A&M Evidence-Based Programs Resource Center cordially invite you to attend a Lunch & Learn about Making Healthy Food Choices on Thursday, February 23 from 12:00pm to 1:00pm in the General Services Complex Room 101A. No registration is required. During this session, participants will learn about the Self-Management Tool Box, Healthy Eating Guidelines, and how to read food labels. This proven and effective program can help to improve the health of those looking to make changes in their daily life.
- **Walk Across Texas – Form Your Team Now!**  
*Walk Across Texas!* kicks off this Saturday, February 18 at 10:00 am in the JC Penny Entrance of Post Oak Mall in College Station (attendance in the kickoff event is not required for participation in Walk Across Texas!). **Walk Across Texas! will run from February 18 to April 15 this year.** Interested in participating? Click [here](#) for additional information.
- **SAVE THE DATE: Thursday, April 6**  
**Water Cooler 5K Run/Walk | Wolf Pen Creek, College Station**

Let’s be our best by Living WELL Aware at Texas A&M!

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### *WELLNESS WORKS!* Spring Fitness Schedule

As you know, Essential Element #3 of **Living WELL Aware at Texas A&M** is **Make Movement Mandatory!** Check out the new *WELLNESS WORKS!* [Spring Fitness Schedule](#) with 35 fitness opportunities to get you moving. For additional information including class locations and descriptions, visit [wellness.tamu.edu](http://wellness.tamu.edu).

\*Due to contractual provisions with Dr. Patricia Sulak, *Living WELL Aware at Texas A&M* is only available to faculty and staff of Texas A&M University (workstations M and H only).

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