



Human Resources &
Organizational Effectiveness

WELLNESS WORKS!

Physical | Financial | Interpersonal



living **WELL** aware™ | at Texas A&M

March Newsletter

Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC

Howdy, Texas A&M! Can you believe it is already March? The older I get, it does “seem” that time goes by quickly. That’s why it is so important for all of us to be **Living WELL Aware at Texas A&M**. If we are not AWARE of changes that could dramatically escalate the quality of our life and if we don’t put time for ourselves in the schedule, life goes on, year after year, with no improvements because we are not LIVING WELL.

March – Essential Element #3: Make Movement Mandatory

When it comes to this essential element to health and happiness, it is about making sure we DO allot time each day for moderate to vigorous movement and get it on our calendar. Why? As I discuss in the workbook and in this month’s webcast, physical inactivity (i.e. a sedentary lifestyle) is becoming the top killer of Americans. It’s being said “*SITTING is the new smoking*”. Since we have so many conveniences today where things are done for us, it’s critical that we put movement into our schedule. Our lack of physical exertion is literally increasing our risks of depression, dementia, disability, diabetes, and numerous other deleterious outcomes.

When it comes to Making Movement Mandatory, I find there are 3 groups of individuals:

- 1) Those that prioritize fitness almost daily.** They know how much better they feel and don’t question doing it. It’s become a part of their life, like brushing their teeth.
- 2) Those that put fitness into the schedule, but not on a regular basis.** Because it’s not a top priority, things often get in the way.
- 3) Those that are not involved in moderate to vigorous physical activity at all or rarely.** Other obligations have taken priority. Or they are challenged because of a medical condition.

To group 1, congratulations! You are an example for others. Groups 2 and 3 need your help. Please offer to help your coworkers, family, and friends be more physically active. To group 2, keep moving! Up your game and you’ll see the rewards of doing so. To group 3, while you are the majority of Americans, it’s time to decide if you want out of this large group that is at greater risk for major physical and emotional disorders. If time is the issue, dump that excuse and put YOURSELF in the schedule. It’s not selfish, it’s necessary for you to do a better job of caring for others, rather than others having to later take care of you. If a medical condition is your reason, question that thought. Even for those with arthritis, fibromyalgia, and other muscle and joint issues, physical activity is encouraged. If you have a disability, find out from

knowledgeable, “healthy” healthcare professionals what activities you CAN do and don’t focus on the activities you can’t do.

If you need to improve your physical fitness program, here’s a few suggestions:

- 1) Find Fitness that’s Fun.** It may be walking with friends, yoga, weight lifting, water aerobics, Zumba, or CrossFit. Find activities that work for you.
- 2) MOVE at Work.** Stand at your desk, walk during breaks and lunch; do squats; chair exercises, be creative!
- 3) Try Something New.** Challenge yourself. My husband gave up running as he was turning age 60 because of a knee issue, so he investigated other activities. Now, he routinely gets on the elliptical machine and goes to yoga - activities he had never done before in his life.
- 3) Put it in the Daily Schedule – NOW.** Find times of the day that work for you, and stick with them.
- 4) Seek and Secure Support.** Get accountability partners NOW. Find knowledgeable people to help you. Life is a team sport. Get a team!

Be sure and view this month’s video on Make Movement Mandatory. There’s lots of information not covered in the workbook including ways to get in movement at work and how to maximize your fitness routine. Make Movement Mandatory: It’s About Health, Happiness and Survival – YOUR Health, Happiness, and Survival!

Living WELL Aware at TAMU – Essential Element #3: Make Movement Mandatory is found at:

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

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

Employee of the Month: LaVonda Popp, Program Manager – College of Geosciences



LaVonda Popp first applied to be a WELL leader to become healthier and happier in her own personal life. “I figured if I was having to set a good example and encourage others to live healthier, then I would be more accountable to myself. Little did I realize how helping others would help me.” She and others in her department have started not only a daily walking group, but consistently meet every Wednesday during the month to have lunch, cover the latest webcast, share healthy recipes, exercise tips, inspirational quotes, and financial suggestions. They even have a Pinterest account! In a truly inspiring fashion she stated, “I believe the new positive outlook has made it easier for everyone to smile more, deal with stress better, deal with each other better, and even deal with issues at home better. It just makes good sense to get healthy and live WELL with the people we work with every day!” A huge applause to LaVonda and her team for diving in to Living WELL Aware at Texas A&M and making wellness a priority!

Contact Kourtney at 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!

Upcoming Events

- **Lunch & Learn: Airrosti Rehab Centers**
Monday, March 27 | 12:00 p.m. – 1:00 p.m.
General Services Complex (GSC) | Room 101A
Learn how Airrosti can quickly eliminate back, neck and other chronic pain or acute injuries without surgeries, pharmaceuticals, or injections. Airrosti’s goal is to make a dramatic impact on the first visit and resolve most conditions in an average of 3 visits (based on past patient outcomes). Lunch provided. [RSVP here.](#)
- **Water Cooler 5K Fun Run and Walk**
Thursday, April 6
Wolf Pen Creek in College Station, TX
Texas A&M University is again sponsoring the Water Cooler 5K Run/Walk hosted by the B/CS Chamber of Commerce Health and Wellness Committee. As a title sponsor, employees of Texas A&M University are encouraged to participate (with appropriate supervisor approval) in this fun physical activity event held during working hours to promote physical health. Texas A&M participants should register by **March 28** through Marketplace- \$15 per person. T-shirt included with registration. [Details online.](#)

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

*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).

Division of Human Resources & Organizational Effectiveness

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