Wellness Happenings for February

The Gift of Heart Health

The steady beat of a healthy heart. It is a sign of good health that we often take for granted. But keeping it pumping 24/7 for a lifetime doesn't happen automatically.

Heart disease is the No. 1 cause of death in the U.S. each year. What is the main cause? Plaque that builds up in your arteries, narrowing them and reducing blood flow to the heart.

Smoking, an unhealthy diet, and not getting enough exercise promote the production of plaque. Having high cholesterol, high blood pressure, and/or diabetes also increases the risk.

February is American Heart Month, so give yourself the gift of heart health by making these simple changes:

• Exercise regularly. Your heart is a muscle – it needs to be worked out, too.
• Eat a heart-healthy diet. Eat more fiber, less fat and less salt.
• Don’t smoke. If you do, QUIT. It is the best thing you can do for your health.

For more information on preventing health problems and attaining a heart healthy, visit The American Heart Association to learn more about Life's Simple 7 for small steps to BIG changes.

One Minute Wellness – The End!

Want to make any changes in 2018? What’s the first, most important step in making quantum strides in any aspect of your life? To see The END!

It’s so easy to fall off the path of great intentions if we don’t know exactly where we are headed. ENVISION where you want to end up! DREAM BIG! If you think small results, you will accomplish small. In the long run, envision the very best, maybe better than you have ever been, in all areas of your life. Be UNREALISTIC in the long run, but in the short haul, be REALISTIC. Set sensible goals.

Click here to read the full One Minute Wellness tip.

ONWARD!

Patricia J. Sulak, MD

Stay connected with Living WELL Aware by signing up for the weekly One Minute Wellness email from Dr. Sulak.

*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).
Texas A&M is Living WELL Aware

Texas A&M University continues its journey to Living WELL Aware! It is never too late for you to begin your journey! If you missed Dr. Sulak’s January presentation, “2018: Your Year to Greater Health & Happiness,” it is not too late to get involved! Dr. Sulak will return to campus on March 29th to present Phase 2 of My Journey to Living WELL Aware along with Keys to a Successful Journey!

Living WELL Aware program t-shirts and the My Journey to Living WELL Aware Journal are available for pickup at the Division of Human Resources and Organizational Effectiveness Office located in the General Services Complex (GSC) suite 1201. Standard office hours are 8:00 a.m. until 5:00 p.m. Monday through Friday. Aggie Map.

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UPCOMING EVENTS

Walk Across Texas! – Form Your Team Now!
Presented by Texas A&M Agrilife Extension Service
Saturday, February 10 through Friday, April 6

Employees, their friends, and/or family have the opportunity to participate in the annual Walk Across Texas!, an 8-week physical fitness program that encourages individuals and teams up to eight people to track and monitor their physical activity with the goal of earning enough miles to walk across the State of Texas (833 miles).

Campus-Wide Competition! WELLNESS WORKS! has created a campus-wide competition for all departments across Texas A&M University. The top three departments with the greatest distance traveled at the end of the 8-week period will be awarded a Wellness Grant. Grants will be provided to 1st place, $1,000; 2nd place $750; and 3rd place $500. Teams must consist of at least four employees from the same department, who will then receive the Wellness Grant funds for that department. **TEAM CAPTAINS: To ensure your teams are in the run for this competition, select “Texas A&M University” as the group! What will your department do with the Wellness Grant if you win?

For more details, visit Walk Across Texas! Happy Walking!

2018 Spring Fitness Schedule
Spring fitness sessions for Texas A&M University faculty and staff employees will be available January 16 until May 1. Check out class times and locations here! Remember, you can use your Wellness Release Time, 30 minutes, 3 times a week, for these wellness activities!

Lunch & Learn: Workplace Ergonomics
Presented by Environmental Health and Safety
Monday, February 19 | 11:30 a.m. – 1:00 p.m. | General Services Complex 101A

Is your workstation set up correctly? WELLNESS WORKS! and Environmental Health and Safety invite you to attend an educational and interactive workshop to learn the basics of ergonomics including workstation set-up and correct posture. Join us and learn about: Chair adjustability, typing/mousing posture, sitting/standing posture, proper tool use, micro breaks, and workplace stretches. Lunch will be provided. Register here to attend!

The Environmental Health and Safety Office has an Ergonomics Program that provides faculty and staff with FREE evaluations to assess office, laboratory, and industrial/operations work stations. Find more information on the Ergonomics Website or the WELLNESS WORKS! Website, including self-assessments for your workstation and the product catalog, or contact the Ergonomics Program at ergonomics@tamu.edu.

Learn about the WELL Leader Program
Tuesday, February 13 | 11:30 a.m. – 12:30 p.m. | General Services Complex 101A
Interested in learning more about becoming a WELL Leader for your department or service area? Join current WELL Leaders and potential applicants for a meeting / informational. All attendees are encouraged to invite a friend from another campus service area to increase support for wellness initiatives across Texas A&M University. This program is designed to encourage unit-level support for holistic wellness through a network of faculty and staff volunteers who are dedicated to helping make Texas A&M University a healthier campus.

[Apply here! Applications DUE Friday, February 16.]