Wellness Happenings for March

National Nutrition Month
Good nutrition creates health in all areas of our existence. All parts are interconnected. – T. Colin Campbell

Eating Right on a Budget
Getting the most nutrition out of your budget begins with a little planning before going to the grocery store. Here are some budget-friendly tips:

- Plan what you are going to eat. Shop with a list to decrease the chance of buying extra items.
- Decide how much to make. Make a large batch to meal prep for the week.
- Determine where to shop. Check for local sales or coupons and compare prices of brands.
- Shop for foods that are in season. Purchase in season fruits and vegetables for a lower price.
- Try canned or frozen produce. Purchase canned products with “100% fruit juice”, “low sodium”, or “no salt added”.
- Focus on nutritious, low-cost foods such as beans, peas, sweet or white potatoes, oats, quinoa, or peanut butter.
- Watch portion sizes. Use smaller plates, bowls, and glasses to control portion sizes.
- Make your own healthy snacks. Purchase items in bulk to create trail mix or a one-cup low-fat yogurt.
- Cook more AND eat out less. Go back to basics and find simple healthy recipes that your family will enjoy.

For more information on nutrition, visit Academy of Nutrition and Dietetics to learn more about Eating Right on a Budget.

One Minute Wellness – BELIEVE!
“I hope you have clearly envisioned the person you want to ultimately become. Keys to a Successful Journey #1: Envision the End. Importantly, you have to revisit that vision repetitively. Otherwise, you will slip off your path because you lost sight of your destination. In addition to constantly reminding yourself of The End result, what else do you have to do?” BELIEVE you can make it happen.

In Lanny Bassham’s book With Winning in Mind, he correctly states, “If you do not expect to win, you have no chance of winning.” You have to persistently tell yourself: “I CAN do this! I WILL do this!” Your body and your friends, family and coworkers may tell you otherwise. You have to stay strong, take charge, and continuously envision the end and BELIEVE in yourself. Never give up on yourself and your dreams. It’s all about Living WELL Aware!”

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

If you missed Dr. Sulak’s January presentation, “2018: Your Year to Greater Health & Happiness,” IT IS NOT TOO LATE to get involved! Join us on Thursday, March 29 from 11:00 a.m. – 12:00 p.m. in the General Services Complex 101A as Dr. Sulak discusses the importance of healthy rituals and shares how successful people start/end their day to achieve greater health and happiness. This program can be started at any time of the year so it’s not too late to join. To attend the live event, register here. Access the live video stream on TTVN.

Limited copies of My Journey to Living WELL Aware will be available at the presentation on a first come basis or by contacting WELLNESS WORKS! at wellness@tamu.edu.

Want to learn more about the Eleven Essential Elements to Health and Happiness? All Essential Elements videos are available to eligible faculty and staff employees on TrainTraq or by visiting the Newsletter Archive.

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**UPCOMING EVENTS**

**Diabetes Self-Management Workshop Informational**
Presented by The Center for Population Health and Aging
Monday, March 5 | 11:00 a.m. – 12:00 p.m. | General Services Complex 101A

WELLNESS WORKS! and the Center for Population Health and Aging cordially invite you to attend an informational about the FREE 6-week program that is designed to help and provide support to anyone who has diabetes, pre-diabetes, or loves someone who does. Join us and learn more about this interactive group learning experience that focuses on:
- Techniques to cope with symptoms of diabetes
- Suitable exercises for maintaining and improving your strength
- Healthy eating
- Appropriate use of medication
- Working more effectively with your health care providers
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program

To register for the workshop informational click here.

**Free Wellness Exams on Campus**
Presented by Catapult Health
Monday, March 19 & Tuesday, March 20 | 8:00 a.m. – 5:00 p.m. | General Services Complex 101A
Wednesday, March 21 | 8:00 a.m. – 5:00 p.m. | General Services Complex 101B/C

Free, quick and confidential preventive health checkups administered by Catapult Health will again be offered on campus for employees and their covered spouses enrolled in the A&M Care health plan. Register here!

Completion of a Catapult Health checkup will qualify as your annual wellness exam for the purposes of the Texas A&M System Wellness Incentive Program. The target deadline to have your annual wellness exam completed is by June 30. Check your wellness exam incentive status on MyEvive and remember, completing the annual wellness exam will ensure that you have the lowest rate for your health insurance premiums. Visit the Wellness Incentive Program webpage for more information.

**Juggling your Personal & Professional Life?**
Presented by Deer Oaks EAP Services
Wednesday, March 21 | 11:00 a.m. – 12:00 p.m. | Memorial Student Center 1400

The Deer Oaks Employee Assistance and Work/Life Program is a FREE service provided by Texas A&M University to benefit-eligible faculty and staff employees as well as their dependents/household members. This program offers a wide
variety of counseling, referral, and consultation services, which are all designed to assist you and your family in resolving work/life issues in order to live happier, healthier, more balanced lives.

We invite you to join us for an orientation seminar to learn about the benefits now available through the expanded Texas A&M University Work/Life Program provided by Deer Oaks. New services include identity theft protection consulting, financial planning advice, concierge work/life support and more.

Register for this informational on TrainTraq.

Please contact Dear Oaks EAP Services at the following:
  Helpline: 888-993-7650
  Website: www.deeroakseap.com
  Email: eap@deeroaks.com
  HR website: employees.tamu.edu/eap

**Watercooler 5k**  
**Presented by B/CS Chamber of Commerce**  
**Thursday, April 5 | 4:00 p.m. – 6:00 p.m. | Wolf Pen Creek**

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 here by March 22 - $15 per person. T-shirt included with registration.

Wellness booths and warm up prior to the 5K Fun Run and Walk (3:00-4:00 p.m.). The 5K Walk and Run will start at 4:00 p.m. Each registrant will receive an email with event logistics, which includes a map, schedule of events and an assumption of risk waiver form.

For information or questions about the 5K, contact Roger Martinez at rmartinez@tamu.edu.

**Spring Break Fitness Session Schedule**  
**WELLNESS WORKS!** fitness classes held on-campus are canceled from Monday, March 12 through Friday, March 16. All classes will resume on Monday, March 20.

- Texas A&M Rec Sports will offer Yoga on Monday, March 12 at 12:15 p.m. and Body Blaster on Tuesday, March 13 at 12:15 p.m. Visit the Group RecXercise Schedule for details.
- Piranha Fitness Sessions will run on a normal schedule. Visit the Piranha Fitness Studio Schedule for details.

**Financial Wellness Counseling**  
**WELLNESS WORKS!** is facilitating one-on-one financial wellness consultations with financial/retirement advisors on campus in the General Services Complex (GSC) Room 1203 or 1205. These consultations will be provided by Lincoln Financial Group and TIAA advisors and are intended to help employees learn ways to take control of their financial well-being. Both Lincoln Financial Group and TIAA are approved A&M System retirement vendors. Click here to learn more about this opportunity to enhance your financial well-being.