Hydration Station

Summer is in full swing, and with it the Texas heat! As the temperatures rise, it is essential to hydrate. According to Texas Health and Human Services, hydration is replacing the fluids of the body lost through sweating, exhaling, and elimination. On average, the body loses 2-3 quarts of water a day, but as we enter July, this number rises even higher. Proper hydration has a fountain of health benefits. From basic bodily functions such as blood circulation and organ maintenance to increased clarity of thoughts, hydration is the key component. It also allows the body to regulate body temperature, a vital function in this summer heat!

But how much water is enough water? The number varies from person to person, but the Harvard Health Publishing states 2-3 cups per hour is generally an adequate amount for a healthy person.

How do we reach this 2-3 cups per hour recommendation? See the chart on the right for some helpful tips from the Mayo Clinic Health System to form a habit of hydration.

<table>
<thead>
<tr>
<th>FORM A HABIT OF HYDRATION:</th>
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<tbody>
<tr>
<td>• Drink a glass of water when you wake up</td>
</tr>
<tr>
<td>• Carry a water bottle with you on the go and at your desk</td>
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<tr>
<td>• Add mint, lemon, cucumber, or other fruits to add natural flavor to water</td>
</tr>
<tr>
<td>• Eat water-rich foods such as melon, lettuce, and celery</td>
</tr>
<tr>
<td>• Compete in a water challenge with others to see who can meet their water goal the most</td>
</tr>
<tr>
<td>• Invest in a high-tech water bottle that connects to your smartphone to record your daily water intake.</td>
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</tbody>
</table>
Physical Wellness:
Use Your Environment!

Ergonomics: Effective and Efficient

WELLNESS WORKS! collaborated with the Texas A&M Environmental Health and Safety Department to develop a variety of ergonomic resources for Texas A&M employees. Access the Ergonomic Toolkit and many other resources for guidance on creating a comfortable workstation for optimum efficiency.

Request an in-person Ergonomic Evaluation by sending your name, office address/location (building and office number), and preferred day and time to ergonomics@tamu.edu.

Group awareness sessions are also available. To schedule a session, email ergonomics@tamu.edu with your department name, a short description of the job duties of the audience, preferred date, time, and location, and expected goals for the presentation.

H-E-B Nutrition Services

H-E-B Health and Wellness is providing FREE nutrition consultations with an H-E-B Dietitian*. The consultant will work to personalize your appointment to your individual needs whether it be food allergies, weight loss, digestive support, and more. Call (855) 481-1149 to schedule an appointment today.

*This offer is available to Texas A&M University employees enrolled in the A&M Care Plan (Blue Cross Blue Shield of Texas).

Safety Dispatch

The Environmental Health and Safety Department just released their Summer Safety Dispatch Newsletter. Use this fantastic resource to stay proactive about health and safety this summer. Included in the newsletter are various topics such as preventing mosquitoes, heat-related illnesses, hurricane preparedness, and more.

Wellness Incentive Special Notice!

Remember, it can take 6 to 8 weeks from the time you complete BOTH your annual wellness exam AND the health assessments for the claim to process and the incentive to show on your MyEvive account and in Workday. Please check back to review your incentive status on July 31, at the close of Open Enrollment. Thank you for your patience.
Financial Wellness: Maximize Your Dollars!

FREE On-Campus Financial Consultations

Lincoln Financial, TIAA Financial, and AIG Retirement Services offer Texas A&M University employees no-cost, one-on-one consultations with their financial/retirement advisors. Private consultations are located in Suite 1201 of the General Services Complex or room L524 in the lower level of the Memorial Student Center. RSVP for your consultation today!

- **Lincoln Financial Group** – **RSVP**
  - Wednesday, July 3 | 9:30am – 1:30pm | GSC 1203
  - Thursday, July 18 | 8:30am – 4:30pm | GSC 1203

- **TIAA Financial Group** – **RSVP**
  - Wednesday, July 17 | 8:30am – 4:30pm | GSC 1203
  - Thursday, July 18 | 8:30am – 4:30pm | GSC 1203

- **AIG Retirement Services** – **RSVP**
  - Tuesday, July 30 | 8:30am – 11:30am | MSC L524

PerksConnect

WELLNESS WORKS! has partnered with PerksConnect to make saving easy! The PerksConnect employee discount program is a lifestyle product and discount savings program enabling employees and retirees to find great deals on items and services they need and use every day. From local restaurants, to vacation destinations, and everything in between, PerksConnect can help you save! Voluntary benefit plans and group discounts are also available. Click [here](#) to start saving today!

Interpersonal Wellness: Strike a Balance!

**Dinner Tonight: Cooking Club Kickoff**

*Presented by Texas A&M AgriLife Extension Service, Dinner Tonight*

Tuesday, August 6
12:00pm – 1:15pm
Rec Center Room 2229A
(Use South Entry)

This Cooking Club includes culinary experiences aimed at preparing quick, healthy, cost-effective recipes. [Register here](#) for the kickoff event for the Dinner Tonight: Cooking Club with a live cooking demonstration.

**Read Your Rest**

Sleep is essential to fuel your day and function at optimum levels. Sleep experts suggest we need at least 7 hours of sleep so we can function at our best. However, your amount of sleep is often compromised because
of today’s hectic, constantly communicating society. Stealing hours from our sleep time in order to fulfill other commitments is actually holding us back. To learn more about the importance of sleep, the effect it has on us, as well as tips to increase sleep, access the WELLNESS WORKS! Sleep Education Resource Toolkit.

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**Remote Campus Corner:**
**Wellness Outside of College Station!**

☆ **Welcome to the Remote Campus Corner!**

WELLNESS WORKS! engages Texas A&M University employees to enhance their quality of life and positively impact organizational success by building a happy, healthy, and thriving workforce. In addition to Main Campus, WELLNESS WORKS! serves employees at remote campuses in the following cities: Bryan, Corpus Christi, Dallas, Fort Worth, Houston, El Paso, Kingsville, McAllen, Round Rock, Temple, and Qatar.

The Remote Campus corner will highlight upcoming remote campus events, successful wellness initiatives at remote campuses, or WELLNESS WORKS! resources for remote campuses. We hope you find this new Remote Campus Corner useful!

☆ **Remote Campus Summer Activities**

Summer has arrived which means the Texas heat is on its way. We hope you are able to soak in the sun safely this summer by participating in fun activities or visiting Texas attractions with your family. Visit the WELLNESS WORKS! Family Summer Activities page to explore some activities near your area!