

Risk Management

NEWSLETTER

Jan 2019

New Year NEW YOU!



Following the new year is the hope that each of us have to be our healthiest and most fit selves. We make resolutions that we say we are actually going to keep this year, but by the time spring break rolls around we fall back into our same habits that we promised we'd kick. How can we keep our new year resolutions to make 2019 our healthiest year yet?

1. Be specific and realistic

We are setting ourselves up for failure if our only resolution is "to eat healthier and be more active" or "to lose 20 pounds in two weeks". We need a detailed plan, so start by asking yourself what does "being healthy" mean to me? If it means eating veggies with every meal then make it a goal to meal prep, if it means cutting back on sugary foods then find alternatives to your favorite sugary snacks /drinks, or if it means being more active then find a form of exercise that you will enjoy and won't dread. Also remember to keep it real! Losing 20 pounds in two weeks is not impossible, but it is also not ideal. Do not make yourself miserable chasing a number, you are making this change to feel better about yourself, not worse.

2. Out with the old and in with the new

How many of us have stale chips laying around the pantry, or aged chocolate sitting in the fridge? Throw it out! Give your kitchen a quick makeover, and throw out the foods that tempt you or are just plain old. Bring in vegetables, fruits, nuts, yogurts, and granolas to replace it all. This will allow you to always have access to better snacking and meal options.

3. Don't knock it 'till you try it

Whether it is a new recipe, a new vegetable, a new fruit, or a new activity do not be afraid to try new things. This will not only increase your options when it comes to eating healthier, but it will also keep things fresh and exciting. Most of the time we fail to keep that diet or that goal of going to the gym everyday because it gets boring and the food gets repetitious. Experiment with your cooking, try a new healthy dish when eating out, take up new hobbies that will keep you active. Remember being and eating healthy does not equate to being boring!

4. Slow and steady wins the race

Don't get discouraged when you do not see results right away or if someone in your life is seeing results faster than you are. Finding the best path to your optimum health is like finding the right partner, it'll take some time, there will be some that just don't fit with your lifestyle, and you will face some disappointments along the way. Just remember to keep looking forward at all times, and once you do find the best path that fits you the rewards will be worth the patience and perseverance.

5. It is a lifestyle change

We want to lead healthier lives, not just reach goals. The best way to make a lifestyle change is by making adjustments to what you already like, and enjoy everything in moderation. If you like cupcakes, indulge in that red velvet cupcake from Happiness cupcakes, or the raspa from Margos, but make adjustments. Maybe instead of the whole cupcake have half, or instead of the large raspa have a small. Depriving yourself will not make you happier, but overindulging will lead you nowhere.

Whats Inside

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New You!

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A note from
the author.

Be in the Know
about your
benefits.

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A *note* from the author:

My name is Hillary Perez, and my passion is helping others to lead healthier lifestyles. I graduated from Texas A&M University-Kingsville with a bachelors in Nutrition. Using my degree and certifications as a lifestyle coach, through personal training and a program called Vicqua, I aspire to share all that I know about nutrition and assist others to feel great about themselves. Being healthy begins on the inside, "let food be thy medicine".

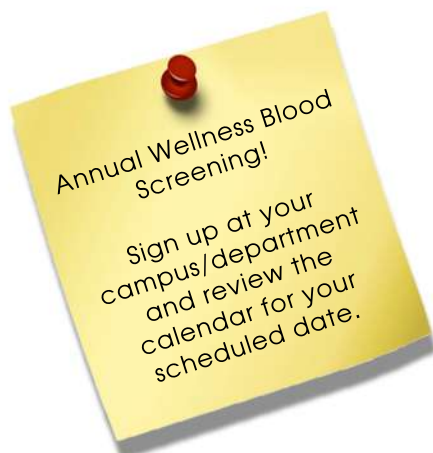
Be in the Know

about your benefits



Reminder, please check your paycheck to make sure your voluntary insurance deductions are correct! Any changes you made during open enrollment will reflect in January's paycheck. Should you find an error, please contact the Risk Management Department at 969-6529.

The annual wellness blood screening is still underway. Don't forget to take advantage of this free benefit! Have a wonderful and productive 2nd semester!



Do you know
YOUR numbers?

