

# EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 3, ISSUE 2

## October 2019 Newsletter



### Get Your Flu Shot!

Flu season is upon us. Do not forget to schedule your flu shot.

#### Healthy Habits to Prevent the Flu

Avoid close contact with people who are sick; Stay home when you are sick; cover your mouth and nose with a tissue when coughing or sneezing, wash your hands often, practice other good health habits, such as sleep, manage your stress, drink plenty of water, and eat nutritious food. At work, routinely clean frequently touched objects and surfaces (doorknobs, keyboards, and phones), adequate supply of tissues, soap, paper towels, if you feel sick or are sick, go home.

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### Healthy Habits During the Holidays



As we enter the holiday season, it is easy to over indulge, work out less, and develop poor habits. Take these tips as you come in the holiday months to keep your health on track.

- **Plan ahead:** If you are going to an event, plan to eat a high-protein snack before you get there and drink plenty of water. It's ok to enjoy the meal, but make it apart of your plan for the day.
- **Do not drink your calories:** Liquid calories are usually heavy with creams, sweetened juice, and sugar. Drink plenty of water before, during, and after if you choose to have a beverage.
- **Focus on the holidays, not the food:** Find other things to do around the holidays that do not involve food. Create memories with your friends and family this holiday season.
- **Make exercise a priority:** Do not skip your workout during the holidays. Get in exercise anyway you can. Take the stairs, take walk breaks, or find a local run to train for (\*hint...read the next article below. )
- **Get plenty of quality sleep:** Lack of sleep can cause weight gain, create brain fog, and lower your immunity. Try to keep a consistent schedule through the holiday season.

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### 19th Annual Turkey Trot



The Bruce and Graciela Redwine Student Wellness Center will host their 19th Annual Turkey Trot on Wednesday, November 20. Registration begins at 4:30pm and the 5K run/walk starts at 5:00pm.

Entry for the event is an item for the Mustangs Pantry. Examples include but are not limited to canned meats, pasta/noodles, sauces, cereal, coffee, toothbrush, toothpaste, laundry, hygiene products.

The first 100 registrants will receive a free shirt (size is not guaranteed). Registration is on-site only.

The 1st place male and female will receive a turkey.



 **Student Affairs**  
Inspiring Mustangs to Live, Lead & Learn

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Please contact Angie Reay, [angie.reay@msutexas.edu](mailto:angie.reay@msutexas.edu) for any questions.