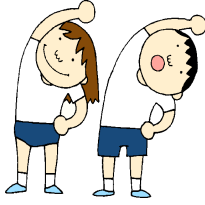


EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 2, ISSUE 1

Winter 2018 Newsletter



HealthSelect!

Happy Holidays



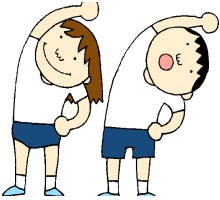
Winter Survival

Winter is a time when we can feel the stress of the holiday season. With so many events, we have distractions from focusing on our health.

Tips to Survive Winter

- **Workout at Home/Plan your exercise**—It is easy to get off schedule when we are home for the holidays. Make working out over the break a priority. The Wellness Center will be open and there are tons of workouts you can do at home.
- **Comfort Foods**—This time of year is generally surrounded with food we typically do not have. Have a slice of pie, it's ok. But, watch the overload of carbs, sweets, and drinks. Start each day with a high-protein breakfast to keep energy up. Have healthy snacks on hand throughout the day so one piece of pie doesn't turn into the whole pie.
- **Cold and Flu**—Get your flu shot, if you have not yet. Be proactive with your health. Eat a heart balanced meal, exercise, get plenty of water, rest, and wash your hands.

Have a Great Winter Break!



Winter Break Group Fitness Classes

Looking for ways to stay in shape this winter? We have a variety of group fitness classes offered at the Wellness Center. *Link will be updated after the fall semester ends.*

Check out [Wellness Center Home Page](#)

If you have any questions, please contact Angie Reay at angie.reay@mwsu.edu or 940-397-4466.

Health Select Naturally Slim®



If you are enrolled in HealthSelectSM of Texas, HealthSelectSM Out-of-State or Consumer Directed HealthSelectSM you may be eligible for a program to lose weight and improve your health— at no cost! The Naturally Slim program doesn't include starving, counting calories, or eating diet food. It's an online program that helps you learn how to eat and manage your weight in a way that reduces your chance of getting a serious disease, like diabetes or heart disease, and increases your chances at living a longer, healthier life. Lose weight, plus improve your overall health— while eating the foods you love! More information at [Health Select \(Naturally Slim\)](#). Enroll today at [Naturally Slim](#).



Happy Holidays and Safe Travels!

We wish you the best this holiday season. If you are traveling, stay safe! Do not drive in winter weather conditions, check your flight status, have your devices charged up, have extra blankets in the car when traveling, and be prepared on your travels.

We hope everyone has a great holiday season!

~Employee Health Committee