

EMPLOYEE HEALTH NEWS

EMPLOYEE HEALTH AND FITNESS COMMITTEE

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Wellness Center

Winter Break

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Surviving the Holidays

The holidays are an exciting time where we enjoy time with family and friends, and maybe indulge a little more than normal.

Here are some tips to help you keep your health on track over the holiday season.

- **Relax:** Find something that you can do for yourself. Exercising, being with friends/family, meditation, reading a book, or whatever brings you joy.
- **Holiday Eating:** Eat close to normal times; enjoy your favorite holiday meals; eat slowly, and eat a veggie or two.
- **Keep Moving:** Stay active-can help reduce stress, manage holiday weight, and keeps you on track with your goals.
- **Get your ZZZs:** Sleep loss can impact your blood sugar, mindless eating, and being sleep deprived. Aim for 7-8 hours per night.

Employee Survey

The Employee Health and Fitness Committee want to know how we can better serve our faculty and staff. We want to provide opportunities for your health journey.

Please help us build our programming for Spring 2023 by filling out this survey. This can help us to ensure we are doing our best to meet your needs.

[Employee Health and Fitness Survey](#)

Holiday Treat: [Gingerbread Rice Krispie Treats](#)

Ingredients

([Click Here for Directions](#))

- 4 cups rice krispie cereal (gluten-free)
 - 1 tsp cinnamon
 - 1 tsp ginger
 - 1/2 tsp allspice
 - 1/2 tsp nutmeg
 - 1/2 tsp cloves
 - 1/4 tsp salt *see notes
 - 1 cup cashew butter
- 1/2 cup honey (or maple syrup if vegan)
 - 3 tbsp molasses
 - 1 tsp vanilla