



Weekly Wellness Newsletter!

Message From The Editor

Greetings students, faculty, and staff.

Welcome back to another installment of our WellU @HT Wellness Newsletter! I am thrilled to continue our journey toward holistic wellness, focusing this time on the crucial dimension of **physical wellness**. In this issue, you will discover the core principles of physical wellness and learn practical tips on how to elevate your overall health. You will explore the consequences of too much sitting as well as ways in which can make physical activity part of your daily routines. Let's build on the momentum of our first newsletter and actively engage in the wellness initiatives we have prepared for you.

Explore, participate, and let's collectively prioritize self-care. May this newsletter serve as another step towards fostering a healthier and more vibrant campus community.

Stay Well!

Maria Paula Lopez
Student Wellness Ambassador
WellU RAM Wellness Program
Class of 2024

What is Physical Wellness?

Physical wellness refers to the behaviors and habits we engaged in that promote optimal health and functioning of the body. This dimension emphasizes adequate physical activity, proper nutrition, sufficient sleep and rest, avoidance of harmful substances, and regular medical checkups. Physical wellness contributes to a reduced risk of illness and injury, enhancing the body's ability to cope with stress and promoting an overall sense of well-being. A well-balanced and active lifestyle is key to achieving and maintaining physical wellness as part of a holistic approach to health.



WellU RAM Wellness Program: Principles of Fitness

01 Cardiorespiratory Edurance

02 Muscular Strength

03 Muscular Endurance

04 Flexibility

05 Body Composition



Elevating Your Physical Wellness: Know the Benefits

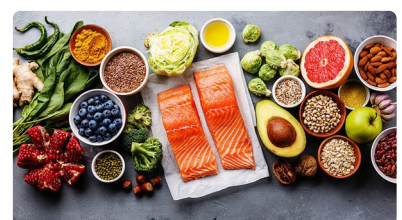
Regular Physical Activity

- Promotes better sleep.
- Increases energy level.
- Eases feelings of depression.
- Improves skin.
- Reduces the risk of disease.
- Boosts life expectancy.



Proper Nutrition

- Strengthens bones.
- Lowers risk of heart disease.
- Supports healthy pregnancies.
- Improves well-being.
- Increases energy level.



Sleep and Recovery

- Reduces stress, and improves mood.
- Reduces risk of injury,
- Lowers risk of serious health problems
- During sleep, damage muscle fibers are repaired and new muscle tissue is build.



Hydration

- Increases energy and relieves fatigue.
- Hydrates skin.
- Aids in digestion.
- Helps reduce headaches.
- Boosts immunity.



Goals for Your Physical Wellness

- Understand how and why your body works.
- Feel comfortable with your physical appearance.
- Feel competent at physical activities.
- Develop well-balanced and healthy eating habits
- Become a responsible drinker or a non-drinker.
- Become aware of how a lack of sleep, stress, and non-activity affect your body.
- Become aware of how food, beverages, drugs, chemicals, additives, and caffeine affect your body.
- Engage in regular movement to improve flexibility, strength, aerobic, and cardiovascular health.
- Develop and cultivate leisure activities.
- Seek medical care when needed for illness, injury and preventative care.

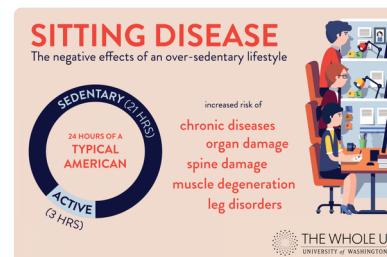
Did You Know?

- Laughter can reduce stress, boost your immune system, and even burn calories.
- Dark chocolate, in moderation, contains antioxidants and can have positive effects on heart health.
- Spending time outdoors and getting exposure to natural sunlight can enhance vitamin D production, which is essential for bone health and immune function.
- Some physical activity is better than no physical activity.



Feeling glued to your seat lately? Well, you may have not heard about sitting disease.

Ever thought about how much you sit? Or what it might be doing to your health? Then you might have not heard about “[sitting disease](#)” (Levine, 2015).



Unlike catching a cold, this one's not contagious—it's a habit we pick up, a result of our own choices. Sitting disease is all about the negative health effects of prolonged sitting. Some even call it a modern-day health concern.

We live in environments that don't exactly scream “move!” Escalators instead of stairs, car driving rather than walking or biking for work or completing errands, remote controls instead of getting up to change a channel or binge-watching Netflix rather than standing—sound familiar?

The fact is, we've got a challenge ahead: to move more. No need for a hardcore exercise plan, just take it one step at a time. Whether it's a stroll around the block, walking your furry friend, or rounding up friends for a campus wander, just move—anything is better than nothing! Our bodies were built for it. But here is the good news: sitting disease it's preventable. So, let's follow in the footsteps of our ancestors: less sitting, more moving.

To reduce the time spent sitting, you can begin by taking breaks during your workday. For every 20 minutes of sitting, try standing or move around for 10 minutes. You can also begin to track your steps (using your iWatch, your mobile device or a fitness tracker—yes, there is an app for that!). It is recommended that healthy adults attain 10,000 or more steps a day (Lee et al, 2019). But for people who may be very sedentary, 10,000 steps a day can sound daunting. Take baby steps, just stand up, move a little.

For more information on sitting disease and the national health promotion initiative “just stand” readers are encourage to visit www.juststand.org. For tips on how to get moving, please visit <http://www.health.gov/PAGuidelines/>

Catch you on the move with WellU!

Exercise is Medicine! Boosting Brain Function and Productivity

Exercise isn't just about physical health; it significantly impacts brain function, too. Wendy Suzuki, a researcher from the Center for Neural Science at New York University, has found that even a single session of vigorous exercise can notably improve cognitive abilities, particularly in reasoning and problem-solving. This improvement can last up to two hours post-exercise—making exercise a great medicine for improving mental capacity. Suzuki's real-world experiment with college students further demonstrates that even exercising once a week can enhance academic performance. Thus, incorporating vigorous exercise before important tasks or adopting a weekly exercise routine can maximize brain function, offering a simple yet impactful strategy for maintaining mental sharpness and productivity.

[Click here](#) to learn more about Wendy Suzuki's research.

Tips For Making Physical Activity a Part of Your Daily Habits

- **Start small** – begin with lighter intensity and shorter durations (bouts of 10 minutes).
- **Find enjoyable activities** – you are more likely to stay active by doing things you enjoy.
- **Involve others** – workout with friends or join a group class for motivation.
- **Focus on how you feel** – the mental boost can be a great motivator.
- **Vary your workouts** – prevent boredom by mixing up activities.
- **Reward yourself** – plan something enjoyable after workouts or fitness milestones.



Workout of the Week!

It is important to start with a routine that is gentle and gradually build up intensity. Stay hydrated and listen to your body. Most of all, have fun getting active!

Warm up (dynamic stretches):

- Leg swings – 1 minute each leg.
- Arm circles – 1 minute.
- Torso twist – 1 minute.
- Knee to chest – 1 minute each leg.
- Neck circles – 30 seconds each direction.

Strength exercises (own body weight):

- Body weight Squats: 3 sets of 8 repetitions.
- Lunges: 3 sets of 6 repetitions each leg.



- Push-ups (modified if needed): 3 sets of 8 repetitions
- Sit-ups: 3 sets of 10 repetitions.

Debunking Physical Wellness Myths



No Pain No Gain

Myth: If you are not in pain, you are not working out hard enough.

Truth: While exercise can be challenging, it should not cause severe pain. If in pain, stop, rest or seek medical attention.



Carbs are the Enemy

Myth: Carbohydrates are inherently bad for you and should be avoided for weight loss.

Truth: Carbohydrates are a vital energy source.

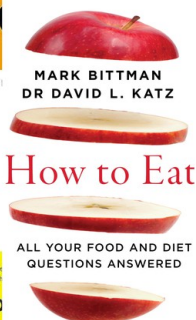
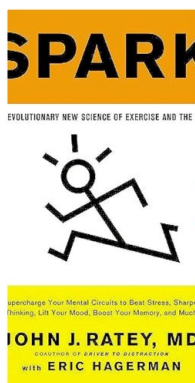


Exercise is Only Beneficial in Long Sessions

Myth: If you don't have time for a long workout, it's not worth exercising.

Truth: Even short bursts of physical activity offer health benefits. Some activity is better than no activity!

Physical Wellness Resources



Books:

- "*Spark: The Revolutionary New Science of Exercise and the Brain*" by John J. Ratey. This book highlights the connection between physical activity and mental well-being.
- "*How to Eat*" by Mark Bittman - A good guide for food and nutrition for overall wellbeing.

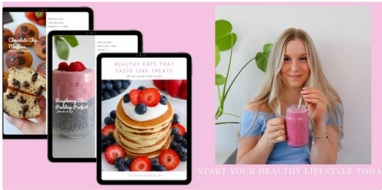
Podcasts:

- "[FoundMyFitness](#)" with Dr. Rhonda Patrick. This podcast explores various aspects of health, including nutrition, exercise, and longevity.
- "[Mind Pump](#)" is a science-based fitness and health strategies podcast.
- "[The Mindset Mile](#)" with Aisha Zaza.



Videos and YouTube Channels:

- *FitnessBlender*. Full length workout videos requiring minimal equipment.
- *Fitfoodieselma*. Healthy recipes, meal prep ideas, and nutritional tips to help you make mindful food choices.
- *Koboko Fitness*. A YouTube channel for home workout videos for women. No equipment needed.
- *Yoga with Tianna*. A YouTube channel for free yoga sessions for all ability levels.



Register For The Wellness Program at HT!

Join the
WellU
Wellness
Program

Register Now



<https://forms.office.com/r/f94bd9VddP>

To enroll in the wellness program's activity offerings, please utilize the provided QR code or [click here](#) to begin your registration process!



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters