



End of Spring, Hello Summer Time!

Volume 4, Issue 1

WellU @HT Weekly Wellness Newsletter

Dear HT fRAMily!

Welcome to the last issue of the spring semester weekly wellness newsletter. On this issue, we embark on a journey to embrace the spirit of summer while nurturing our wellbeing. It has been a rewarding learning experience since we began this *WellU RAM* wellness program. To those who participated, and those who supported it, thank you.



As spring ends and the summer unfolds, it is the perfect time to reflect on our wellness journey thus far. And explore ways to optimize our health and wellness during the summer months. In this edition, our content creators share their comments and insightful tips for staying well during the summer. From embracing outdoor activities to nourishing our bodies with movement and good nutritional habits, we will uncover keys to thriving in mind, body, and spirit during this transformative time at HT.

Join us as we learn from our contributors about self-care under the summer sun and embark. We hope to inspire and empower you to make the most of this summer's opportunities for growth, connection, and rejuvenation. This last spring semester newsletter is an invitation to embrace the fullness of your possibilities toward living well and healthy.

In wellness,

Carlos M. Cervantes, PhD, CAPE

A Word from Ms. Shakita Stinson

If you are anything like me, you have said, "I need to be more active." I am sure I said it a thousand times or more and did nothing to bring it to fruition. The HT WellU RAM Wellness Program has helped turn that statement into reality for me! Even the word 'exercise' tires me out, but I love to dance; always have and always will, and in this program, I have been able to do just that all while becoming more active. It's conveniently located on campus, and it's so much fun!

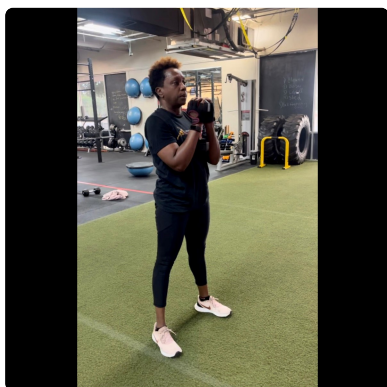


With everything else going on around us and working long hours, we need opportunities to relax, relate, and release! You should invest an hour a day in you, in some capacity, whether it be in Mindfulness Mondays, Cardio, Flex and Strengthening, Kickboxing, Line Dancing or Salsa. There is something for everyone, it's right on our campus, it's a free program for participants, and it provides an additional opportunity to support and interact with our students.

We are drawing close to the end of the semester, but your activity should not end. Commit to a brisk 15-30 minute walk every day, or dance with your children, grandchildren, or while you're doing house chores, and drink plenty of water to stay hydrated this summer! Hope to see you active and joining the RAM Wellness Program in the fall. I'll meet you on the dance floor!

Ms. Shakitha L. Stinson
Director of Student Services – ADP
Center for Adult & Continuing Education

A Word from Ms. Janice Jean



The wellness program has helped me to be more health conscious. I'm learning to make better food choices and incorporate exercise and movement in my daily activity. When the physical activity challenges take place, I am way more active, way more motivated, and I have so much fun socializing with my colleagues around these challenges. I recently participated in the American Cancer Society Relay for Life; because of my current participation in the program, I was ready for the walk.

The strengthening and flexcore classes with Coach Bill have been extremely beneficial to me, especially when I sit in front of a computer most of the day. The classes helped me communicate

better with my co-workers and have been an excellent way to reduce stress which improves both my work and personal life.

I highly recommend participating in the wellness program. If you are stressed, tired or lack energy, the program is designed to strengthen you! I applaud the University for valuing their employee's health by providing programs and activities to improve wellness and productivity.

During the summer, I plan to continue my health journey by exercising at least 30 minutes a day. And to incorporate plenty of fruits, vegetables, protein, and low carbs in my diet.

Stay fit! Stay strong!

Janice Jean
IT Operations Coordinator

A Word from Ms. Linda Jackson

I appreciated the opportunity to "up my workout" routine during the WellU RAM Wellness Program initiative that positioned Huston-Tillotson University as a health conscious workplace. My daily workout includes bench dips, Russian twists, leg lifts, planks, and weight lifts in the morning and walking or cycling in the evening. My body was used to all of the exercises, and I needed to push harder. We pushed harder with Bill Rogers and the student wellness ambassadors. I now have more body definition, balance, and strength. This is just what I needed moving forward. I loved the cardio line dancing, too. I do hate that this round comes to an end but look forward to what's to come. Thank you, team, for moving us to healthier lifestyles.



Linda Jackson
Vice President for Institutional Advancement

Tap Into Your Summer Yoga Energy with Sun Salutations

As you embrace the vibrant energy of summer, let Sun Salutation be your guide to harnessing the power of the sun within. Whether practiced at dawn to greet the rising sun or throughout the day to rejuvenate your spirit, this yoga sequence offers a pathway to vitality, balance, and inner peace.

Understanding the Purpose



Sun Salutation is a series of yoga postures that pay homage to the sun, the ultimate source of energy and life on our planet. It's not just a physical exercise; it's a holistic practice that integrates breath, movement, and mindfulness. The purpose of Sun Salutation extends beyond mere stretching or flexibility – it's about awakening the body, calming the mind, and fostering a sense of inner harmony.

4 Benefits of Sun Salutations

1. **Energy Boost:** Performing Sun Salutation in the morning can kickstart your day with renewed vitality. The rhythmic flow of movements, coupled with conscious breathing, invigorates the body and mind, leaving you feeling energized and ready to tackle the day ahead.
2. **Flexibility and Strength:** The sequence targets various muscle groups, promoting flexibility and strength throughout the body. With regular practice, you'll notice increased mobility and improved muscle tone, essential for maintaining overall health and well-being.
3. **Stress Relief:** Amidst the demands of college life, stress can often accumulate. Sun Salutation offers a reprieve, allowing you to release tension and cultivate a sense of calmness. Each movement is synchronized with the breath, promoting mindfulness and reducing anxiety.
4. **Improved Focus:** By anchoring your attention to the present moment, Sun Salutation enhances mental clarity and concentration. As you flow through the sequence, you become attuned to the sensations in your body, fostering a deep sense of focus and awareness.

EnJOY your summer and be well! Follow Jerreta on instagram @resetyogaatx and visit [resetyogaatx.com](https://www.resetyogaatx.com) for more tips and information.

Jerreta Hartfield
Owner, ResetYoga LLC

How to Perform Sun Salutations

<https://youtu.be/AGXic1Kx-Qc?feature=shared>

Surya
Namaskar

SUN
SALUTATION



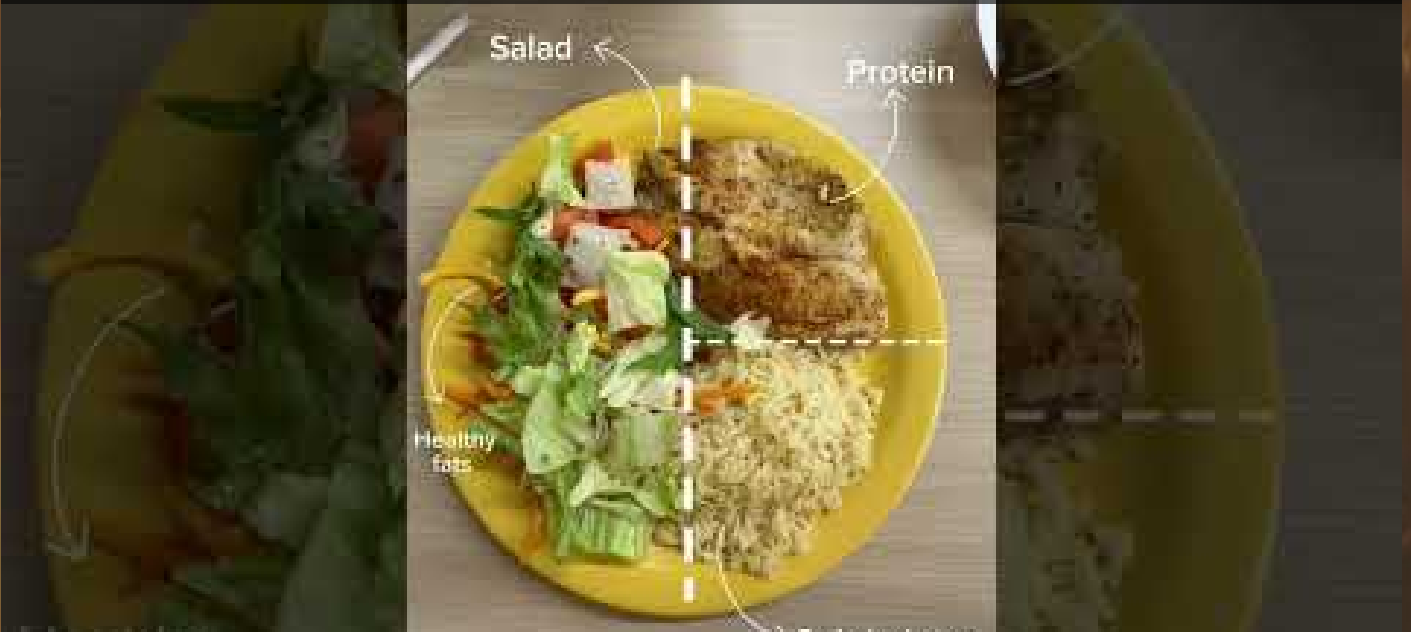
Marcus' on Spiritual Wellness this Summer

Spiritual Wellness Video



Paula's Nutrition Tips for the Summer

WellU RAM Wellness Program: 5 Diet Tips for a Healthy Summer



Naidelin's Summer Tips for Wellbeing

WellU RAM Wellness Program: Nai's Summer Wellness Tips 2024



Concluding Remarks

Thank you to our content creators for their words, tips and empowering messages! Whether you are an avid exerciser or just starting your journey to improve your wellness, the summer time presents an opportune time to focus on your wellbeing--what an ideal time to prioritize self-care.

As we conclude this newsletter, we want to recap by offering several ways to optimize your wellbeing during this time and why dedicating time to self-care is essential:

Physical Wellness: Embrace the outdoors by engaging in activities that invigorate your body. Whether it's swimming, hiking, cycling, or simply taking a leisurely stroll in nature, the summer months provide ample opportunities to stay active. Incorporating regular exercise not only enhances physical health but also boosts mood and energy levels. Some of activity is better than no activity so just get up and move! Summer time also brings the heat; which means hydration (drinking water), eating fruits and vegetables are also important to keep the body well. This summer, explore farmer's markets or consider starting a small garden to cultivate your own produce. Prioritizing a diet rich in seasonal, nutrient-dense foods nourishes your body from within, supporting overall wellbeing.

Emotional Wellness: Dedicate time to activities that promote emotional balance and resilience. Practice mindfulness through meditation or yoga to cultivate present-moment awareness and reduce stress. Additionally, prioritize activities that bring you joy and fulfillment, whether it's spending time with loved ones, pursuing hobbies, or indulging in creative pursuits.

Social Wellness: Summer offers countless opportunities for social connection and community engagement. Plan outdoor gatherings, picnics, or weekend getaways with friends and family to foster meaningful relationships. Building and nurturing social connections not only enriches our lives but also contributes to a sense of belonging and support. As shared by our content creators, join a community, volunteer or serve others!

Intellectual Wellness: Stimulate your mind by exploring new interests or learning new skills.

Whether it's reading a book, attending a workshop, or enrolling in a summer course, investing in intellectual pursuits broadens your horizons and promotes personal growth. Embrace curiosity and embrace the joy of lifelong learning.

Spiritual Wellness: As shared by Reverend Brewington, connect with your inner self and cultivate a sense of purpose and meaning. Spend time in reflection, journaling, or practicing gratitude to deepen your spiritual connection. Engage in activities that align with your values and beliefs, whether it's volunteering, participating in religious or spiritual practices, or spending time in nature.

Taking time for self-care during the summer months is not optional but a necessity for overall wellbeing. In the midst of busy schedules and obligations, prioritizing your wellness this summer will allow you to recharge and reconnect with yourself at a deeper level--by being intentional with your self-care. This summer, continue your wellness journey to lay the foundation for a more vibrant, fulfilling life, enabling you to thrive (not just survive) both during the summer season and beyond.

WellU RAM Wellness Program Spring 2024!





We exercised!



We connected!



We danced!



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters