

THANKSGIVING EDITION



WellU @HT Weekly Wellness Newsletter (Volume 6, Issue 4)

In the Spirit of Thanksgiving!

Dear Campus Community,

As we approach the Thanksgiving holiday, we want to take a moment to express our gratitude to our university's president, Dr. Melva K. Wallace, for her support to the wellness program at HT. We also want to thank those who have supported us and attended the various wellness sessions. From our activity instructors to the wellness staff, we are grateful to the strength and resilience that each of you brings to our campus community. In this special edition of our weekly wellness newsletter, we are sharing tips and resources to help you navigate the season with balance, mindfulness, and self-care.

Thanksgiving is a great opportunity to take a step back and reflect on all the things, both big and small, that we are grateful for. Whether you are managing end-of-semester stress or enjoying time with family and friends, we hope these insights will support your wellness journey and help you make the most of this time of reflection and gratitude.

Wishing you all a joyous, peaceful and healthful Thanksgiving!



Carlos M. Cervantes, PhD
Activity Director
WellU RAM Wellness Program

Enjoy a Healthy Thanksgiving Without Giving Up Your Favorites!

We know the holidays come with a lot of food; and sometimes, it feels like everyone's telling you to cut back on your favorite dishes. But let's keep it real: one meal or even one weekend isn't going to make or break your health goals. The key is balancing those tasty treats with healthy habits throughout the rest of the holiday season, and this week is a good start.

Thanksgiving is all about enjoying time with family, friends, and great food. So go ahead and savor that plate of turkey, sweet potatoes, collard greens, cornbread or mashed potatoes! But when it comes to the rest of the holiday season, here are a few tips to help you stay healthy and avoid the dreaded holiday weight gain:

Focus on Family and Friends, Not Just Food

The holidays are about the people we love, not just the meals. Make memories by connecting with your loved ones, and save your energy for laughter and conversation, not just the food table.

Start Your Health Goals Now

Don't wait until the New Year to make resolutions. If you're thinking about being more active, why not start now? Setting small, realistic goals ahead of the holidays can help you stay on track and feel great as you move into the new year. Invite loved ones to join you, make it a family challenge!

Manage Stress, Avoid Overeating

The holidays can bring a lot of stress, and stress eating is real. Take 30 minutes a day to relax – whether that's reading a book, doing some yoga, or simply taking a walk. When you manage stress, you're less likely to reach for that extra serving of pie. Try the 'hara hachi bu,' a Japanese phrase meaning "*eat until you're 80% full*".

Keep Healthy Snacks on Hand

That candy bowl in the office or at home can be tempting, but you don't have to give in. Stock your desk or bag with healthier snacks like fruit, nuts, or granola bars to keep hunger in check and avoid the sugary treats. Drink plenty of water and avoid sugary drinks.

Make Physical Activity Fun with Friends

Stay active by turning physical activity into a social activity. Take a walk with family after dinner or find a workout buddy. It's a great way to burn off some extra calories while sharing quality time with the people you care about. Find community events to stay active. For example, join the Community Challenge powered by Healthier Texas, a free, eight-week event to build a healthier Texas.

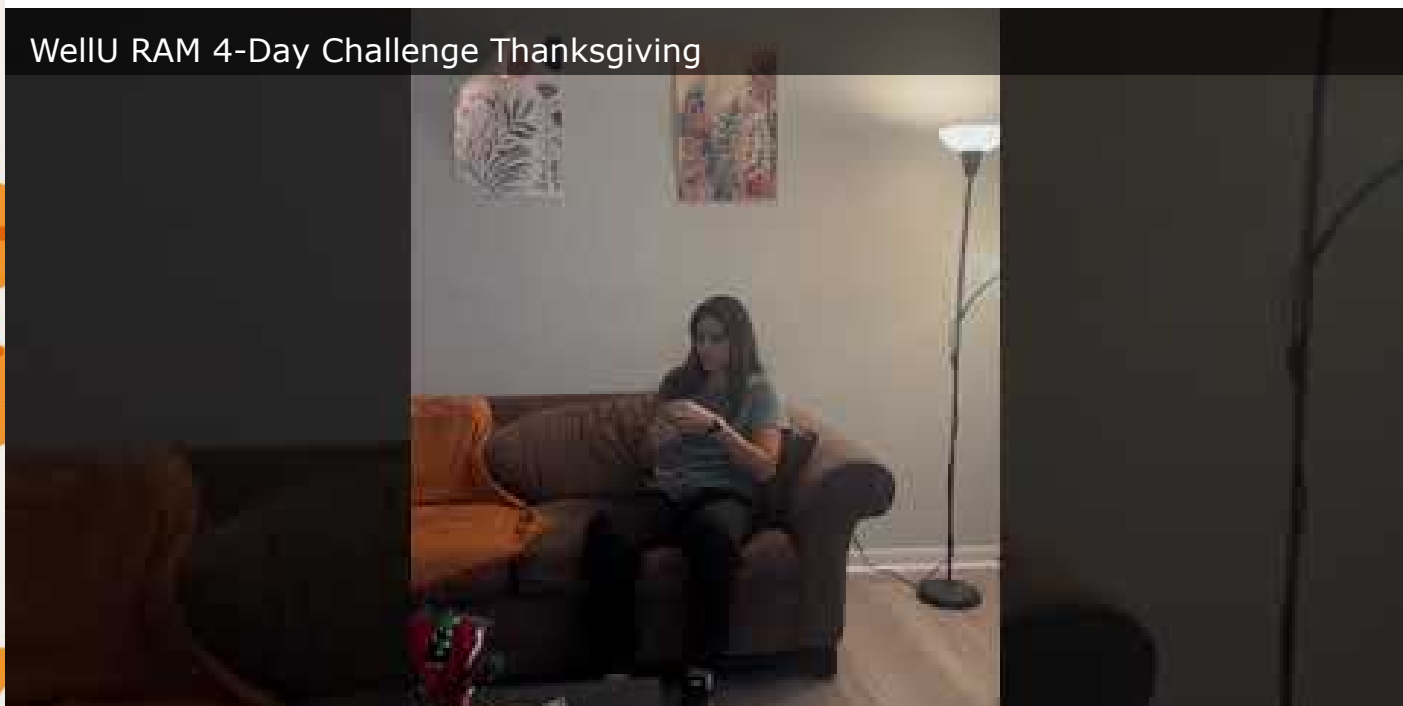
By following these tips, you can enjoy the holidays without adding extra inches to your waistline; and without sacrificing your favorite Thanksgiving foods, especially that quality time with loved ones. Let's focus on creating memories, staying active, and finding balance, so you can start the New Year feeling good about yourself. Happy Thanksgiving!

The WellU RAM Wellness Program Team!

The Healthier Texas Community Challenge

Paula's Corner

WellU RAM 4-Day Challenge Thanksgiving



November is Diabetes Awareness Month!

November is Diabetes Awareness Month, highlighting the importance of understanding and managing diabetes. Physical activity plays a crucial role in preventing and managing the condition by helping to control blood sugar levels, improve insulin sensitivity, and support overall health. Let's stay active and spread awareness for a healthier future. Use the attached document below to learn more about the role of physical activity in diabetes prevention and management.



All About Physical Activity and Diabetes

[Download](#)

649.9 KB

Nutritional Tips for Thanksgiving

Treat Yourself to a Healthy Thanksgiving Meal!



[Tasty Pumpkin Pie Recipe for Thanksgiving](#)

[Tips for a Gut Friendly Thanksgiving](#)

Alternatives

to Junky Foods

CRAVING THIS? TRY THIS INSTEAD!

POTATO CHIPS
MOVIE THEATER POPCORN
PEPPERONI PIZZA
CHICKEN ALFREDO PASTA
FRENCH FRIES
ICE CREAM
CHOCOLATE MILKSHAKE
REFRIED BEANS
FRIED CHICKEN
CREAMY RANCH DRESSING
CHOCOLATE CANDY BARS
CHEESEBURGER
CHOCOLATE CAKE W/ FROSTING
COFFEE WITH CREAM + SUGAR
SODA/SOFT DRINK

VEGGIE CRISP CHIPS
SKINNY POP ORIGINAL
PITA PIZZA W/ VEGGIES
WHOLE WHEAT PASTA
OVEN ROASTED POTATOES
NO SUGAR ADDED FROYO
BERRY SMOOTHIE W/ CHOCOLATE
BLACK BEANS
ROASTED SKINLESS CHICKEN
GREEK YOGURT+RANCH SEASONING
DARK CHOCOLATE COVERED FRUIT
GRILLED PORTOBELLO BURGER
ANGEL FOOD CAKE W/ FRUIT
COFFEE W/ STEVIA OR AGAVE
SPARKLING WATER W/ FRUIT

STOP EATING



A Thanksgiving Message from the WellU RAM Wellness Program Staff

WellU RAM Wellness Program Thanksgiving Message 2024



Carlos Cervantes



happy
Thanksgiving