

SPRING INTO WELLNESS



WellU @HT Weekly Wellness Newsletter (Volume 8, Issue 1)

Greetings students, faculty, and staff, welcome back!

I hope you have had a chance to rest, recharge, and reflect over the break. As we step into the spring semester of 2025, it's the perfect time to look back on the progress we have made and set inspiring goals for the months ahead. A new year brings a fresh start; a chance to establish meaningful intentions, embrace personal growth, and focus on the things that truly matter.



Reflecting on last semester, we are proud of the incredible achievements we accomplished together. From the energy you brought to our wellness classes to the support you showed each other as part of the HT community, every effort contributed to something greater. This semester, we're building on that strong foundation and inviting you to be part of an even bigger and more exciting journey. Whether you have been with us from the beginning or are just starting to explore all that *WellU RAM* wellness program has to offer, know that this is a space where you can grow, connect, and thrive.

Let's make 2025 a year of transformation, growth, and well-being. We are here to support you every step of the way. Whether it's discovering a new class, setting personal goals, or finding moments of mindfulness in your day, our community is dedicated to helping you succeed.

This year, let's motivate each other, celebrate progress, and work toward becoming stronger, healthier versions of ourselves. With the wellness program by your side, you'll have the resources,

inspiration, and connections to make 2025 a year of true transformation.

Maria Paula Lopez
Program Coordinator
WellU RAM Wellness Program

Wellness Trends and New Year's Resolutions



As we step into the new year, many of us are focused on living a healthier lifestyle. It's important to stay informed about the latest wellness trends that can help us make sustainable changes. Dr. Jennifer Moreira, a medical expert from Baylor Scott & White, shares some key insights on how we can approach wellness this year.

1. Nutrition First: Nutrition continues to be a major focus for those looking to improve their health. Food rich in vitamins, antioxidants, protein, and fiber has a direct impact on overall health, including heart health, gut health, and brain function. A balanced diet with nutrient-dense foods is essential to feeling your best.

2. Gut Health is Key: Gut health is being recognized as a cornerstone of overall wellness. A balanced digestive system supports digestion, nutrient absorption, and immune function. To support gut health, it is recommended to consume foods high in fiber, such as apples, pears, and

broccoli, along with probiotic-rich foods like Greek yogurt and tofu. Reducing sugar intake is also critical, as excess sugar can harm the gut microbiome.

3. Start with Small Steps: When it comes to New Year's resolutions, the key is to focus on progress, not perfection. Instead of aiming to change everything all at once, start small. Pay attention to how you feel, rather than just focusing on the scale. If you're eating well and exercising, you'll notice improvements in energy, skin health, and overall vitality. Dr. Moreira also suggests drinking bone broth (with low sodium) to support gut health, especially in the colder months.

4. Wellness is a Journey: Rather than rushing to overhaul every aspect of your health, take one step at a time. Whether it's adjusting your nutrition or committing to regular exercise, focusing on how you feel and staying consistent will bring lasting results.

You can watch the full interview here for more tips on how to start your wellness journey this year!

Wellness trends and New Year's resolutions | Eye on Health



**CBS NEWS
TEXAS**

Starting the New Year Mindfully

The beginning of a new year is a special time; a moment to pause, reflect, and set intentions for the months ahead. Starting the year mindfully means approaching life with intention, awareness, and compassion for yourself and others. Here are some ways to bring mindfulness into your daily routine:



Set SMART Goals

When setting goals, make them Specific, Measurable, Achievable, Relevant, and Time-bound. For example, instead of saying, "I want to be healthier," you could say, "I'll attend two wellness classes each week this month."



Daily Gratitude Practice

Take a few moments each morning or evening to write down three things you're thankful for. This small habit can help change your perspective and boost your overall sense of well-being.



Mindful Breathing

Take five deep breaths whenever you feel overwhelmed. Focus on the sensation of the air entering and leaving your body to center yourself.



Digital Detox Moments

Set aside 10-15 minutes each day to disconnect from technology. Use this time to stretch, meditate, or simply enjoy the silence.

By making small adjustments to your daily routine, you can create habits that support your overall well-being throughout the semester.

Mindful Minute Challenge

Take just one minute each day to reset your mind and focus on the present. Small moments of mindfulness can have a big impact on your mental well-being.

How It Works:

- 1. Choose Your Moment:** Set aside 60 seconds during your day—morning, midday, or night.
- 2. Pick a Practice:** Try one of these quick and easy mindfulness exercises:
 - Deep Breathing: Inhale for 4 seconds, hold for 7, and exhale for 8. Repeat for one minute.
 - Gratitude Pause: Think of one thing you're grateful for and let yourself fully appreciate it.
 - Body Scan: Close your eyes and focus on relaxing each part of your body, starting from your head and moving to your toes.
 - Mindful Listening: Pause and listen to the sounds around you. Notice them without judgment.
 - Grounding Exercise: Name 3 things you see, 2 things you hear, and 1 thing you feel to stay present in the moment.
- 3. Stay Consistent:** Do this for one minute each day for a week.

Why It Matters:

A single minute may seem small, but it can help reduce stress, improve focus, and enhance overall mindfulness. Plus, it's easy to fit into any schedule!



Transform into 2025

This semester, we are embracing the theme of transformation. What does transformation mean to you? Whether it's prioritizing your physical health, enhancing your mental clarity, or building stronger relationships, 2025 is the perfect year to focus on meaningful change.



- **Visualize Your Goals:** Picture where you want to be by the end of the semester. Do you want to feel stronger, manage stress better, or form new habits?
- **Take Small Steps:** Break down your goals into manageable actions. If improving fitness is your goal, begin by attending one class a week or walking 10,000 steps daily.
- **Celebrate Progress:** Recognize every win, no matter how small. Transformation is a journey, not a sprint.
- **Get Involved:** Attend wellness classes, join a walking group, or participate in challenges to stay engaged and motivated.

7 Minutes To Start 2025 Right

**WATCH
THIS**

THE
**MEL
ROBBINS**



What We Did Last Semester

Last semester was filled with exciting achievements and meaningful connections as we worked together to prioritize wellness. Here's a quick recap of some of the highlights that made it so memorable:

WellU RAM Wellness Program: Fall 2024 Recap



In-Person Wellness Classes

From the energizing Total Body HIIT sessions to the joyful Line Dance classes, we had a dedicated group of participants each week who enjoyed movement and connection.



Online Wellness Classes

Our virtual "Fitness at Your Desk" series made it easy to stay active, while Yoga and Mindfulness sessions provided tools for relaxation and balance.



Newsletter Editions

We published weekly editions packed with practical wellness tips, community updates, and inspiration to keep you motivated.

We're grateful to everyone who participated and supported these efforts. Let's make this semester even better!

Paula's Corner: Achieving Your New Year's Fitness Goals

Welcome Back to Paula's Corner!

It's great to connect again as we begin a new semester full of opportunities for growth and change. The start of a new year is the perfect time to reflect, set intentions, and work toward meaningful goals. In this edition of Paula's Corner, I want to share ways to set and stick to your wellness and fitness goals. Whether you're focusing on improving your physical health, supporting your mental well-being, or building a better routine, it all starts with making a clear plan and finding what keeps you motivated. Let's explore simple strategies and tips to help you succeed this semester while staying balanced and focused.



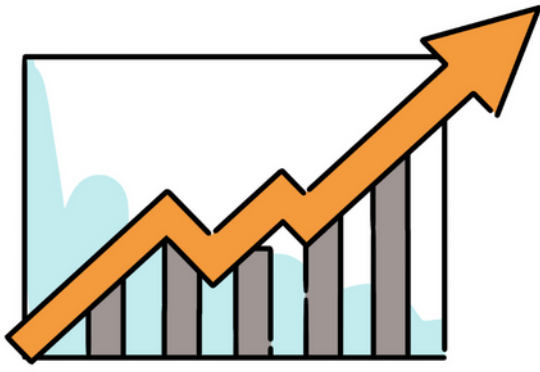
Set Realistic Goals

New Year's resolutions are exciting, but to set yourself up for success, focus on realistic, achievable goals. Instead of committing to an intense workout routine right away, try starting small. Aim for 15-minute daily workouts, or a 30-minute walk 3 times a week. These are easier to incorporate into your daily routine and will build consistency over time.



Consistency Over Perfection

One of the most common mistakes people make is trying to be perfect. If you miss a workout or don't eat as well as you planned, don't stress! The key is to stay consistent and keep going. Missing a day here and there won't undo all your progress, what matters is getting back on track.



Track Your Progress

One of the best ways to stay motivated is by tracking your progress. This can be done through a fitness app, journal, or simple calendar. When you look back at your progress, it will remind you of how far you've come and encourage you to keep going. Remember, small steps add up to big results.



Celebrate Your Milestones

Fitness isn't just about achieving the final goal—it's about enjoying the journey. Celebrate milestones, whether it's completing your first 5K, sticking to your routine for a month, or simply feeling more energized. Acknowledging your accomplishments helps to build positive momentum and boosts motivation.

New Year, New Me

As part of this edition, I am sharing a New Year, New Me Worksheet that will help you identify your goals and break them down into achievable steps. You can use it to reflect on your progress as you go.



New Years Resolution Worksheet

[Download](#)
53.0 KB

Upcoming Events

Get ready to move, breathe, and feel your best! **The wellness program resumes January 27th!** We can't wait to see you there. These classes are a great way to kick off your wellness journey for the new year. We resume with mindfulness, bring fitness to your office, total body HIIT and line dance. In February, we will add Afro beats, kickboxing, yoga and more!

Here's the schedule for our in-person and virtual offerings starting on January 27th:

IN PERSON CLASS SCHEDULE



05:30PM **TOTAL BODY HIIT** Location
Monday and Wednesday **HT's Gym**

06:15PM **LINE DANCE** Location
Tuesday and Thursday **Student Union**

JOIN US

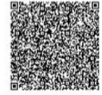
ONLINE CLASS SCHEDULE



11:30AM **MONDAY** with
MINDFULNESS **Brandie**
Via **Zoom**



10:30AM **TUESDAY** Via
BRING FITNESS TO **Teams**
YOUR OFFICE



11:30AM **FRIDAY** with
MINDFULNESS **Brandie**
Via **Zoom**



JOIN US



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters