



# MY wellness

## Employee Wellness Newsletter

### Walk the Walk

by Nicole Piña

In honor of moving more in April, let's walk for our health and our community. There are so many reasons to walk. Reduce your carbon footprint. Get some fresh air. Strengthen personal bonds. Lose weight. Destress and improve your mood. Create connections when you walk with others.

Our campuses are built for walking. Our flat and easily accessible grounds are manicured for visible beauty. Best of all, the campus is available for walking at any time of the day. Take a moment to connect with your coworkers to build a walking community. Wave hello to fellow employees or students on your walk to foster a friendly campus culture. You can add to this social capital. Participate in walks with your family and friends in local causes that make a difference:

#### Walk in the Vines for Autism Awareness

Sunday, April 15, 2018 at 9:00 am  
 Leoness Cellars Winery  
 38311 De Portola Rd. / Temecula, CA

#### 2018 Southwest Riverside County Heart and Stroke Walk

Saturday, April 28, 2018 at 6:30 pm  
 Lake Skinner  
 37701 Warren Rd. / Winchester, CA

When we walk the walk, it benefits our own health and the campus community as a whole. Walking creates the example - here's to the first step!



### Strength

Do you even lift? Lifting weights, or strength training, has tons (pun intended) of benefits! Building muscle aside, increasing your strength can also boost your metabolism, flexibility and productivity. Little known **strength training** benefits include increased IQ through brain activity, greater self-esteem (looking good!) and it brings those good mood endorphins.

### Healthy Tip!

Take a few minutes to sanitize your cell phone, keyboard and other work surfaces to keep germs away.

## April Events

- 4 Wellness Wednesday Walk
- 15 Walk in the Vines for Autism Awareness
- 28 2018 Southwest Riverside County Heart and Stroke Walk

**Wellness Wednesday Walk**  
 April 4, 2018 / 10:30 am / SJC @ Eagle MVC @ Café / THEC/TEC @ Ent. / SGP @ 100

**Walk in the Vines - Community Event**  
 Sunday, April 15, 2018 / 9:00 am / Leoness Cellars Winery, Temecula Wine Country

**Heart and Stroke Walk - Community Event**  
 Saturday, April 28, 2018 / Expo at 5:00 pm / Walk at 6:30 pm / Lake Skinner



Photo: Veronica Jones

## Garden Therapy

by Veronica Jones

Succulent (Latin: succos = juice, sap) plants have super powers. Their tissues have the ability to store water within its thick leaves and stems. With this gift, they are able to thrive comfortably in habitats with high daytime temperatures because they have a way to collect and conserve the limited moisture from dews, mists and fogs. Growing up in Phoenix, Arizona, I have a strong connection with these beautiful plants because of their prominence in the desert landscape. Succulent plants are diverse and appealing to the eye as they come in a variety of forms and colors, with some that even produce flowers. They have evolved into very popular plants because not only are they easy to care for, they fit well within modern décor. Succulent plants happily maintain their drought tolerant integrity in the dry, warm climates of Southern California.

Cacti are also succulent plants, but with spines or thorns. Have you ever eaten cactus? Prickly pear (Spanish: nopal, plural: nopales) is a staple in Mexican cuisine that dates back thousands of years. There are many ways to prepare nopales, especially if you are on a vegan diet. Nopales salsa is one of my favorites. Aside from being tasty, would you believe that there are [11 health benefits of nopales](#)? If this succulent plant could help to improve digestion, help weight loss, boost metabolism, improve sleep, and control diabetes, just to name a few, would you try?

## Bicycle Anyone?

by Hal Edghill

If there is such a thing as perfect bicycle riding weather in Southern California, it's Springtime. We are drying out from the winter rains, everything outdoors is actually green, and the air is so clean! Time to dust off the beach cruiser and get outside! The fun you had bicycling as a kid is still there! The breeze in your face while the scenery goes slowly by – it's the same feeling now as it was back then.

If you need more adult motivation, bicycling is healthy. Easy on the joints and a terrific way to get fit, bicycling is an activity that we can easily fit into our lifestyle. And you can spend on your cycling habit only as you are able. The inexpensive big-box store bike will give you a workout just as effectively as a high end racing bike. The only thing you don't want to skimp on is the helmet. Buy and use a good helmet to save that brain.

If you want to be trendy while on two wheels, there is lots of [wearable technology](#) that connects to the Internet, available for you and your bike. The important thing is to get outside and enjoy!

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How wonderful is it that nobody need wait a single moment before starting to improve the world.

-Anne Frank

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MSJC Employee Wellness