



MY wellness

Employee Wellness Newsletter

2020 Vision

by Nicole Piña

Ahhh. The end of (another) decade. Did you take the 10 year photo challenge on social media? Was it surprising? Did you notice that things had changed a lot or didn't change that much? It can be fun to think of where we have made progress or what has changed in our lives in the last 10 years. Alternatively, it may be perfectly fine to leave the last decade behind (in the dust).

Looking forward, we have a great opportunity to create a clear vision of wellness goals for 2020. To assist, there are several tools to help with your physical fitness or health goals such as fitness journals, digital wellness planners and motivational calendars. There are also tech tools such as the FitBit, smart cup hydration tracker, smart scales, and even smart socks for runners.

If tech tools aren't your speed, there are several motivational books to create fitness based on your own body weight (no gym needed). Books such as *Becoming a Supple Leopard: Movement, Mobility, and Maintenance of the Human Animal* by Dr. Kelly Starrett or *Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength* by Steven Low may give you inspiration. You might also look into a balance pad, resistance bands or ankle weights for low tech options.

With a clear wellness vision for the decade to come, we can work to make strides in our health and wellness. To create this 2020 vision, we are asking for your input for your fitness and wellness goals in our [2020 Wellness Survey](#) to create themes for next year's wellness programs and initiatives. All entries to the 2020 Wellness Survey will be entered into a random opportunity drawing.



Slow It Down

This is a public service message. Slow it down. Take your time speaking with your children - they have a lot to say. Slow it down when travelling - you will get there soon enough. Slow down to take time with yourself - you deserve attention too. Take your time to reach out to those that have made a difference - it may change their day. Slow it down to pay attention to all the important details of your life.

Healthy Tip!

Sit down with a big bowl of pho! This hearty dish has lean meat, ginger, cilantro and veggies - sure to warm your soul.

December Events

11 Wellness Wednesday Walk

25-31 Winter Holiday

Wellness Wednesday Walk

December 11, 2019 / 10:30 am / SJC @ Eagle MVC @ Café / THEC @ Ent. / SGP @ 100

Winter Holiday

December 25-31, 2019 / National Holiday - campus closure



Inspiration - The Gift of Health

by Lanell Covington-James

The holidays are a great opportunity to enjoy time with friends and family, celebrate life, to be grateful and a time to reflect on what is important. They are also a great time to appreciate the gift of health. Take this winter break to not only to spend time with friends and family, but also to take care of your physical and mental wellbeing.

Family, school and work obligations can keep you running constantly, without the time to consider other important things such as utilizing all the benefits provided for by your medical, dental and mental health plans. Go in for those routine, preventative or dental appointments, as deductibles and out-of-pocket maximums restart January 1st.

If you have questions regarding your balances, like the different types of coverages (acupuncture, mental health coverage or dental benefits), please refer to your plan's ID card to speak with your carrier. If you do not have an ID card, please refer to the MSJC website for contact or plan information. Contact information as well as summary of benefits are located under the Departments/Human Resources tabs at msjc.edu.

If you have a Flex Spending Account (FSA), you may optimize this time to utilize your benefits and submit your claims for eligible reimbursements. For account balances or a list of eligible expenses, you may log in to your account through [American Fidelity](#).

We wish you a wonderful holiday season and a prosperous new year!

Healthy New Year Traditions

With the end of 2019 in mind, let us share a few healthy food traditions to end the year and ring in the New Year (superstitious or not):

- Eating 12 grapes at midnight (each grape symbolizing each month) is a tradition that originated in Spain in the 19th century. With each grape, make a wish to set up good luck for the year. Grapes are packed with Vitamin C (antioxidant) and K (fat-soluble vitamin).
- Eating cabbage on New Year's Day is a tradition from Germany and Eastern Europe. The cabbage symbolizes long life. The long life symbolism may be due to the health benefits. Cabbage can help lower your cholesterol and reduce inflammation.
- Eat your collard greens on New Year's Day for money and prosperity (due to the green color). Collard greens include Vitamin A which supports the immune system and iron to prevent anemia.
- Slurp your *toshikoshi* soba noodles on New Year's Eve, based on Japanese tradition, for a good long life, but only if you slurp (no chewing or breaking the noodles). Soba (buckwheat) noodles are high in fiber, protein and manganese which is important for bone health and supports your nervous system.
- Eating round fruit on New Year's Day, 12 in total for each month of the year, is a tradition in the Philippines for prosperity, wealth and health. Try apples, watermelon, plums and citrus for Vitamin C.

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Those who are happiest
are those that do
the most for others.
- Booker T. Washington

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