



# MY wellness

## Employee Wellness Newsletter

### Here's to a New You!

by Jeannine Stokes

Food plays such an important role in everyone's life. In addition to being fuel for the body and soul, food is tied to culture, family traditions, and friends gathering. I love eating as much as I love cooking so I have had to devise a system to keep the pounds off. These are some of the principals I follow that I would like to share with you to make 2020 a success.

- **Eat real food.** Fruits and vegetables do not have warning labels or ingredient lists; they are what they are.
- **Eat smaller portions of real food.** Eat smaller portions to focus on savoring the quality of food rather than through quantity.
- **Eat slower.** Slowing down will help you focus on the process of eating and to enjoy your meal and those you are eating with.
- **Use smaller plates, cups, and utensils.** When placing your food on a smaller plate you will be less likely to overeat.
- **Cut between meal snacking.** In some cases, a snack is necessary or you may just need to drink a glass of water. Fruit, string cheese and nuts are ideal; a bag of potato chips is not.
- **Don't eat in front of the television or computer.** Taking meals while watching TV has been linked to overeating. I know this is true for me; when I'm watching TV, my food seems to disappear.
- **Whenever possible, eat together as a family.** It's a well-documented hypothesis that in general, families talk to each other more when they eat meals together.
- **Learn to cook.** Cooking can be one of the great pleasures in life. Preparing your own meals with real foods is the best way to get acquainted with what you are putting into your body.
- **Don't be in a big rush to lose the weight.** Weight loss should only be part of your overall health. If you lose it fast, you'll gain it back fast. Using moderation and eating real food makes sense.



### Citrus

Oranges, lemons, tangerines, and grapefruit are in season in January. What a great time to add tangy citrus to your healthy eating plans! Packed with vitamin C, fiber, and antioxidants, citrus can be added to salads, included in your workday as a quick snack, or squeezed for a tasty marinade for your poultry or fish dishes.

### Healthy Tip!

Keep a food diary. This nutritionist trick is used to track your food, amounts, and your mood to help you understand your eating habits.

## January Events

1 Holiday - New Year's Day

15 Wellness Wednesday Walk

20 Holiday - Martin Luther King Jr. Day

### Holiday - New Year's Day

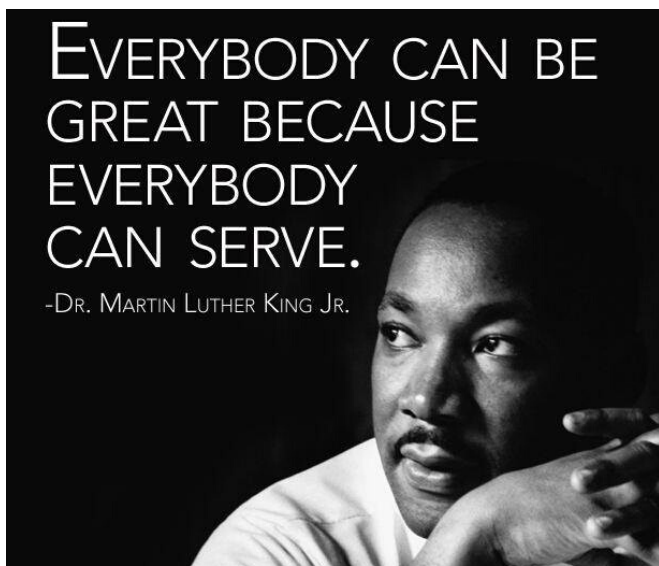
Wednesday, January 1, 2020 / National Holiday - campus closure

### Wellness Wednesday Walk

January 15, 2020 / 10:30 am / SJC @ Eagle MVC @ Café / THEC @ Ent. / SGP @ 100

### Holiday - Martin Luther King Jr. Day

Monday, January 20, 2020 / National Holiday - campus closure



## Inspiration - Day of Service

by Nicole Piña

This year, 2020, marks the 25th anniversary of the MLK Day of Service that celebrates and honors the legacy of civil rights leader, Dr. Martin Luther King Jr. The MLK Day of Service is "a day on, not a day off" and is the only federal holiday to support volunteers and their efforts to improve their communities.

I often think of the good that MSJC does to improve the community. Our staff, faculty, students and volunteers in our neighborhoods participate collectively for Food 4 Thought, Pledge for Success, Puente mentors, A2MEND networking and community walks and events, to name a few. The spirit of service at MSJC is empowering as well as enlightening. With this in mind, we can use this spirit to give back to our communities on January 20, 2020 with a mindfulness of Dr. King's legacy toward social change through pacifism and volunteering your service.

If you are looking for a volunteer opportunity for January 20, 2020, or any other day of the week, you can visit [www.allforgood.org](http://www.allforgood.org). The website includes a variety of volunteer projects in your local area. Some of the projects I reviewed include volunteering at the Central County United Way, gathering new socks for children/families in need, afterschool program volunteerism, or office help with AARP. If you have a truck or SUV, you may pick up food from local grocery stores for a food pantry. If you are artistic or crafty, there is a volunteer opportunity to create gifts for children to give to their single moms in the community.

Let us recognize "a day on, not a day off" and participate in the MLK Day of Service to better our neighborhoods.

## 2020 Vision - Wellness Survey Results

We want to send a big Thank You to all of you that completed the Wellness Taskforce survey your fitness and wellness goals for 2020. You commented - we listened and collected the following results:

- 90% of you have 2020 wellness goals.
- The top 3 goals are related to weight, nutrition, and exercise.
- The following goals also scored high: walking, financial health, and meditation.
- The biggest barriers that keep you from your wellness goals include: schedule, motivation, lack of time, and family.
- We asked for your "why" for wellness goals. Improving health/preventing health problems, losing weight, improving mental health, and stressing less scored the top spots.
- The workshops that you are interested in are: wellness incentive programs, exercising/physical fitness, weight management, health screenings, and healthy aging.

The winner of the random opportunity drawing is **Ms. Nancy Alvarado, SJC Child Development Center**. Congratulations Nancy - here's to a healthy 2020!

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The secret of  
getting ahead is  
getting started.  
- Mark Twain

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MSJC Employee Wellness