INSPIRE TO MOVE:
5 Ways To **WALK AT WORK**

Sneaking in a few 10-minute walks is a realistic way for busy people to exercise during the day. There are many benefits to getting up from your workstation throughout the workday including:

- A break to refresh, energize and fight stress.
- A low cost and effective way to better health.
- An opportunity to socialize and network.

TRY TO TAKE THREE 10-MINUTE WALK BREAKS AT WORK. HERE ARE 5 IDEAS TO MAKE IT HAPPEN:

1. Walk before or after eating lunch.
2. Brainstorm on a walking meeting.
3. Schedule a 10-minute walk every day at the same time in your calendar.
4. Keep a comfortable pair of walking shoes at your desk.
5. Map a route, inside or outside, that is 10 minutes long.

Whether you plan a walk, or spontaneously break out in step, odds are you will feel better throughout and at the end of your day!

Scan this code or visit [http://ow.ly/DYfqH](http://ow.ly/DYfqH) to watch a video for a new perspective on walking at work.

“Walking is man’s best medicine.” ~ Hippocrates
If you find yourself feeling famished after a good workout, you are not alone. While it is important to replenish energy levels and repair muscle, you don’t want to eat back all the calories (or more) that you just burned.

THE FOLLOWING HINTS WILL HELP TO AVOID OVEREATING DESPITE THAT RUMBLING BELLY:

- Schedule your workouts before one of your main meals.
- Prep a meal so it’s ready or just needs to be heated up when you get home.
- Think of exercise as fun versus work, to avoid the need to reward yourself with food.
- Drink water during and after physical activity.

CRACKING THE CAN

- Watch the sodium and fat. Skip the "cream of" varieties and opt for tomato or vegetable and broth based soups.
- Pick high fiber soups with beans, like minestrone.
- Look for soups with natural flavorings and zero MSG.

SIMMERING ON THE STOVE

Homemade soup may be less convenient than pre-packaged, but it comes without all the chemicals and you can pre-package and freeze portions yourself. You don’t need a recipe to make delicious and nutritious soup. Experiment by starting with a broth base and add a variety of your favorite vegetables, beans or lean meats.

Next time you want a comforting meal that will help warm you up in the cold season, enjoy a hot bowl of soup!

“When you have a good stock, you can make a good soup.” ~ Martin Yan

Slow cooked Southwest Bean and Barley

- 6 cups water
- 1 cup dried great northern beans
- 3 cups baby spinach leaves
- One 14-ounce can whole tomatoes
- ½ cup pearl barley
- 2 ribs of chopped celery
- 2 medium chopped carrots
- ½ medium chopped onion
- 3 cloves garlic minced
- 1 tablespoon chili powder
- ½ teaspoon dried oregano
- 1 teaspoon ground cumin
- ½ teaspoon salt
- Fresh ground pepper

Put 6 cups of water, the beans, barley, garlic, carrots, celery, onion, chili powder, oregano and cumin in the slow cooker. Squeeze the tomatoes through your hands over the pot to crush them and add with liquid. Cover and cook on high until beans are tender, about 8 hours. Add the spinach and stir until it wilts. Add salt and pepper to taste.
Time Saving HABITS

Extra time isn’t just found, but it can be made. Try some of these time saving habits to leave you feeling more productive and less stressed:

■ Make a to-do list and categorize by must-do, should-do and nice-to-do, with the non-urgent items last.

■ Allow time to recover and recharge your energy. Work in 90-minute intervals with a break in between.

■ Stay off email for an hour. Check email less often.

Prioritize tasks and give importance to time to unwind, relax and recharge from the day.

“The elevator to success is out of order. You’ll have to use the stairs...one step at a time.”
~ Joe Girard

4 Ways To Show You Care That Doesn’t Cost A Penny

Flowers, chocolates and jewelry are all usually welcome gifts, but if you really want to show someone you love them, try considering these simple acts:

1. Be trustworthy. You can apologize for not doing something, but holding true to your word and simply doing things without needing to be reminded show you care.

2. Don’t argue. Ask yourself, do I want to be right? Or do I want to be happy? Apologize even if you feel you are right.

3. Surprise your loved one. Do something unexpected that you know they will enjoy.

4. Acts of Kindness. Simple acts like leaving a sweet note, folding the laundry, or giving a hug.

Gifts are great and appreciated, but simple gestures and acknowledgement will be highly cherished by your beloved.

“HEALTHY HEART SECRET”

Most risk factors for heart disease are silent.

1. Have your blood pressure checked.

2. Work towards or maintain a healthy weight.

3. Have your cholesterol checked.

Scan this code or visit http://ow.ly/H02fD for a slideshow with a Visual Guide to Heart Disease.
When It's All **TOO MUCH**!

Part of life is dealing with the everyday demanding circumstances we normally experience. What happens when it seems as if the world is collapsing around you? When it feels like you’ve reached the limit of your stress tolerance, there is an emotional toll that makes everyday life and work harder to face.

**SO WHAT CAN YOU DO ABOUT BEING OVERWHELMED?**

- **Remember your feelings are normal.** Poor health, family issues, financial concerns, and fears of disaster create stress in our lives.
- **Prioritize.** Take a moment to figure out what you have to do, and do one thing and at time.
- **Rely on others.** Don’t be afraid to ask for help.
- **Think positive.** You can’t change what happened in the past, but you can accept it and look forward to the future.
- **Accept change.** All change both positive and negative can be stressful but are just part of life. Learning to roll with the punches will help you adapt.
- **Use your instincts.** Rely on your life experiences to help you make smart choices. Increasing your ability to recover quickly from a crisis is the key to resilience and getting through life’s challenges.

“Trust your experience as guided by your intelligence.” – Wayne Cohen

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**UNF One Stop Nutrition Clinic**

**Open Fridays**

**from 10:00 a.m. to 4:00 p.m.**

Meet one on one with a UNF Dietetic Intern in the Master of Science program for Nutrition & Dietetics.

**To schedule an appointment, call 620-1570**

Located in the UNF Department of Health Promotion’s office, Building 61, Room 1300

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**Meet our New Registered Dietitian Lindsey Guthrie!**

Lindsey is a UNF alumni and she enjoys working with all types of clients to help them to achieve their personal goals.

**Department of Health Promotions Nutrition Services**

- Free confidential nutrition education and counseling on various nutrition-related topics for students, faculty, and staff.
- Cooking demonstrations featuring dorm friendly and healthy recipe with food from Ogier Garden.
- Interactive presentations and workshops throughout the semesters or by request, call 620-1570 for more information.

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