



Healthy PSU seeks to promote a culture of positive health by providing leadership, opportunities and support for all PSU employees and their families, encouraging health and wellness in varied ways and thereby building *healthy people in a healthy place*.

***Welcome back! Start the school year off right...
Be Active, Eat Well & Reduce Stress***

Please take advantage of the Fall 2014 Healthy PSU
[Wellness Engagements for Faculty and Staff](#) <--- click for calendar

[Register Now](#)

PSU Receives American Heart Association Award for a Healthy Workplace!

The [American Heart Association](#) has recognized [Plymouth State University](#) as a Gold Level recipient of the [Fit-Friendly Worksites](#) recognition program by these actions:

- Offering employees physical activity support.
- Providing/increasing healthy eating options at the worksite.
- Promoting a wellness culture.
- Implementing at least nine criteria as outlined by the American Heart Association in the areas of physical activity, nutrition and culture.

[Learn more](#)



Thank you to everyone who helped Plymouth State University/Healthy PSU achieve this recognition!

USNH "New" Wellness Program

University System
of New Hampshire 

 Harvard Pilgrim
Health Care



Sept. 22, 24-25

Harvard Pilgrim Health Care - Biometric Screenings The HUB Hage Room

USNH and Harvard Pilgrim are committed to supporting your efforts to become or stay healthy. As part of that support, our new **MyPath2Wellness** program is designed to engage you in health improvement, while providing valuable incentives. The screenings will help you become more aware of your own personal health.

[MyPath2Wellness Pre-registration required](#)

Healthy PSU has several [fall wellness engagements](#) planned for faculty & staff members as well as theme days for the biometric screenings!

Sept. 22-BE ACTIVE THEME DAY 8:30 am-2:30 pm

Learn more about active wellness engagements and enter to win being active themed prizes!

Sept. 24-EAT WELL THEME DAY 10:00 am-4:00 pm

Learn about Sodexo's Mindful menu enter the EAT WELL raffle prize and speak with Registered Dietitians.

Sept. 25-REDUCE STRESS THEME DAY

12:00 pm-6:00 pm

Learn about meditation & stress management workshops on-campus. Enter to win stress relieving prizes or relax with a 10-minute complimentary chair massage (first come first serve).

EAT WELL Resources

Fall back to school, EAT WELL and Save!

"NEW" FlexCash Discount!

Sodexo and Healthy PSU have teamed up to help make the healthy choice the easy choice! Choose the Mindful Meal offered every Wednesday at the Union Grille-Use your FlexCash and receive a 17% discount-It's that simple!



Quick Links

[HEALTHY PSU WEBSITE](#)

[PSU HUMAN RESOURCES](#)

SAVE THE DATE:

FALL BENEFITS FAIR

Oct. 30 10:30-2:30 Welcome Center

[HARVARD PILGRIM HEALTHCARE](#)

[MyPath2Wellness](#)

[EMPLOYEE ASSISTANCE](#)

[PROGRAM](#)-access code USNH

[TANDEM CARE](#)

[CENTER FOR ACTIVE LIVING AND](#)

[HEALTHY COMMUNITIES](#)

Weekly On-Campus Wellness Opportunities

Mindful Mondays

"Group Meditation"

12:20 - 12:45 pm

Frost Commons

Tuesdays

"Yoga for All"

12:00 - 1:00 pm

Welcome Center

Wellness Wednesdays

"Walking4Wellness"

Meet in front of the HUB at 12:00
for a group walk

"Healthy Eating Options"

A Mindful menu item featured on
Wednesdays at the Union Grille.

Look for the Mindful green apple icon to help guide you to a healthier eating plan and lifestyle.

[PSU Dining Services/FlexCash](#)



Where eco-sense and style meet for lunch!

[Check out GOGreen Lunch Box-Very Cool!](#)

[Tips on Lunchbox Safety, Reasons Your Teen needs Breakfast, Quick Healthy Meals!](#)

EASY, SUSTAINABLE CHOICES
THAT MAKE A DIFFERENCE:

Why Eat Local Food?

Come taste the difference!

HUB Pawsway

Sept. 5 ~ 11:00 am-1:00 pm

[Event Flyer](#)

[LFP Farmers](#)



[Community Events at D Acres](#)

[Farm - Edible Plants, Sunday Farm Feast, Pizza/Movie night and more!](#)



Did you know?

Americans get about 22 teaspoons of sugar per day!

The American Heart Association recommends that no more than half of your daily discretionary calorie allowance come from added sugars. For most American women, this is no more than 100 calories/day-about 6 teaspoons. For men, it's no more than 150 calories/day-about 9 teaspoons.

[Learn more](#)

Plymouth State
UNIVERSITY

Sept. 25-26, 2014

[6th Annual Eating Disorders Conference](#) "Untangling the Web of Disordered Eating and Weight Disorders" presented by Plymouth State University's Eating Disorders Institute.

Thursdays

**"Weight Watchers
At Work"**

Meets weekly at 12:30 pm in the Silver Center for the Arts, Conf.

Room 130.

FALL OPEN HOUSE

Sept. 11 ~ 12:30-1:00

Fresh Fridays

"Farm to Desk"

On-campus Delivery

9:30 - 10:30 am

D & M Building ~ 1st floor

Healthy PSU*
"After-hours"
Pick-Your-Own
Apples

[Cardigan Mtn Orchard](#)

Alexandria, NH

Thursday, Oct. 2

5-6pm

*HPSU sponsored event
receive 1/2 peck apples or \$6
towards larger quantity with
faculty/staff ID



REDUCE STRESS Resources

What is Mindfulness? It is the ability to be fully in the present moment.

[Harvard Pilgrim Healthcare Mind the Moment program](#)

Take 5 Minutes and [Watch the Mindfulness Video](#)

On-site mindfulness workshop starts October 22! "Learn to Manage Stress through Meditation" with Regina Kelly, PhD, APRN [Register today!](#)



The PSU Wellness Center has recorded [Guided Meditations](#) try one today right from the comfort of your office!

BE ACTIVE Resources

"Commit to Get Fit" at PSU

The 10 participants of the "Commit to Get Fit" at PSU enjoy an evening celebration at Six Burner Bistro, pointing to the empty seat representing the groups' total weight loss of 120 pounds-equivalent to a whole



person! Kudos! The groups' instructor Tammy Levesque of Laconia Athletic & Swim Club challenged them to gliding, weight training, ice skating, aqua fitness, healthy clean eating and so much more!

Testimonials:

"I learned so much not only about food, and exercise, but about myself. I feel so much better eating "real" food the way I should be eating it. Exercise does not have to be limited to the gym. Get out there and have fun." Nina

"I enjoyed the "team" aspect with the 9 other women. The program was very holistic and healthy." Kathleen

Featured Fall Recipe



Quick Chicken Chili

**FACULTY & STAFF PLEASE
SHARE YOUR FAVORITE
HEALTHY RECIPES!**



**Healthy PSU Cookbook
in development**

DEADLINE October 3

Send Submission via email:
healthy-psu@plymouth.edu

Stay Connected



*Welcome Back!
The Healthy PSU
Steering Committee &
Wellness Champions*

**Coming Soon! Healthy PSU
Channel on myPlymouth**

[Healthy PSU Physical Activity Resources](#)

The PE Center-[Pool Hours](#)

Outdoor Center-[Faculty/Staff Rental Info](#)

HUB Recreation Center- [Group exercise schedule](#)

What does it mean to you to be a Healthy PSU Wellness Champion?

"I view my Wellness champion role as a campus cheerleader for Healthy PSU's efforts. I hope to make a difference in creating a community culture where it is okay to get up from your computer and take a quick walk or stretch break. With all of our workloads getting heavier it is even more important to take time to reset, regroup and refresh! **Our office recently decided to do a 4 minute 10 a.m. dance break on Fridays, and WOW does it change the atmosphere and staff attitude.** As a champion, I am not trying to encourage faculty and staff to run a marathon, but challenge them to take opportunities even for a few minutes each day to reflect on their health and wellness and to move."

Karen

"Aristotle once said, "We are what we repeatedly do, excellence therefore is not an act, but a habit." As we all work together to foster student success through academic excellence, I feel it is important to also model a holistic approach to personal excellence. This is my motivation. In my role as a Wellness Champion for Healthy PSU, I have the opportunity to demonstrate the benefits and rewards of employing "healthy habits." I am inspired by the students and my colleagues at Plymouth every day and hope that in some ways, through my role as a Wellness Champion, I am able to inspire others."

Marylynn



Focus 2020-Goal 5

PSU will distinguish itself as a holistic health and wellness-centered environment.

We want to hear from you!

Do you have an innovative idea or personal success story that you would like to share?

Do you have questions?

Would you like to subscribe to the Healthy PSU Newsletter?

Are you interested in becoming a Wellness Champion?

Contact us:

[Current Wellness Champions](#)
healthy-psu@plymouth.edu