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

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

PSU Dining Services/FlexCash

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

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

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.
**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
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