



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*.

Dear Faculty and Staff,



Thank you for sharing your favorite recipes! ***A Taste of Healthy PSU Cookbook*** is in production and will be released in time for the holidays (December 15). We will be offering cookbook pre-sale orders at all the December engagements or you can simply complete an order form link below. You will want to check out the HR "Keep Calm and Bake On" tree at the 7th Annual Festival of Trees on Dec. 5 & 6 from 10:30 to 8 as the cookbook will be part of the tree featured!

The cost of the cookbook is \$14.00

To pre-order your copy, please complete the [cookbook order form](#) and make your check payable to Plymouth State University, HPSU and walk over to HR to drop it off or send via inter-office mail to Human Resources, MSC #14.

~ The Healthy PSU Cookbook Committee

USNH Wellness Program

University System
of New Hampshire



Harvard Pilgrim
HealthCare



Many thanks to everyone who participated in the HPHC biometric screenings, health questionnaire and the HR fall benefits fair!

Quick Links

[HEALTHY PSU WEBSITE](#)

[PSU HUMAN RESOURCES](#)

[HARVARD PILGRIM HEALTHCARE
MyPath2Wellness](#)

[EMPLOYEE ASSISTANCE
PROGRAM](#)-access code USNH

[TANDEM CARE](#)

COMING IN JANUARY!

Healthy PSU will be conducting a Health Culture Audit/Program Evaluation and we need your input!

EAT WELL Resources



SAVE THE DATE: "Rock the Bike" PEDAL POWER

Tuesday, December 9 ~ 11:30 - 1:00

Union Grille

What does it feel like to blend a smoothie using pure human power? Come find out!

At this event you can enter to win a "Smoothie Wellness Break" for your department!

REDUCE STRESS Resources

Start your holiday season and day off right and BE MINDFUL!



7 Things Healthy People Do Every Morning!

1. Drink a glass of water as soon as you wake up
2. Do not check your email or phone for at least an hour
3. Think of one thing for which you have gratitude
4. Step outside and take a deep breath
5. Move your body
6. Take time to eat a healthy breakfast
7. Say your affirmations

CENTER FOR ACTIVE LIVING AND HEALTHY COMMUNITIES

Take a Wellness Break!

Mindful Mondays

"Group Meditation"

12:20 - 12:45 pm

Frost Commons

Tuesdays

"Yoga for All"

12:05 - 12:55 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.

Thursdays

"Weight Watchers At Work"

Meets weekly at 12:30 pm

Silver Center for the Arts, Conf. Room 130.

Fresh Fridays

"Farm to Desk"

On-campus Delivery

9:30 - 10:30 am

D & M Building ~ 1st floor

Stay Connected



Keep up to date on engagements!

Add the Healthy PSU Channel to my stuff on myPlymouth



Click here to try [Guided Meditations](#) today right from the comfort of your home or office!

BE ACTIVE Resources



Upcoming Designated Sneaker Days

The first Wednesday of each month:

December 3
January 7
February 4
March 4
April 1
May 6

Healthy PSU-[Physical Activity Resources](#)
HUB Recreation Center- [Group exercise schedule](#)

GET ENGAGED!

How Have Healthy Changes Affected Those Around You?

So my motivation has been wavering lately, but I had a great motivation moment yesterday.

My son is six, and always wants a snack right after school. I used to bring fruit juice and chips or candy. Now, he is the type of kid who would drink 24 oz. of juice a day if we let him. So we switched over to non-fat chocolate milk without a problem. But although he would have apples with me as a snack at home, the chips/candy afterschool were much harder to change without a battle.

Yesterday I picked him up and offered him peanut butter crackers or an apple. Although I didn't show it in my voice, I was expecting some pushback from him. And guess what? He picked the crackers without any complaint. And even later asked me if he could now have the apple!

He is a healthy kid, but we did start him on some bad habits (which were our own bad habits) that would affect his weight/health later on. So the whole family is working on changing to healthy habits. It was wonderful to see how my changes have helped move him in a healthier way too.

-Healthy PSU email from SparkPeople.com

Plymouth State
UNIVERSITY

Focus 2020-Goal 5:
PSU will distinguish
itself as a holistic
health and wellness-
centered
environment.

PSU Faculty, staff and students enjoyed global yoga, African drumming and an Indian-inspired recipe from our Healthy PSU cookbook during International Education Week 2014.



PSU staff member taking a wellness break!



While many folks may have been shopping or lounging on the couch on Black Friday...this Healthy PSU staff member was enjoying the outdoors and managed to capture this great photo at the summit of his winter hike.

Thanks for sharing Ladd!

Do you have a photo or story to share?
Are you interested in becoming a wellness champion?

Email us: healthy-psu@plymouth.edu



Healthy PSU Cookbook

Featured Recipe:
Curried Vegetables with Dahl