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Remember our Wellness Connection!

Take steps toward healthy living and earn gift card rewards! Register for a Wellness Connection account then post daily activities and earn gift card for \$10-\$25. Also get Fitness Club memberships and Health Education reimbursements.

[For more information](#)

Quick Health Tips:
Living Mindfully

- Stand up from your desk and take an extra few minutes to walk to or from the restroom
- Learn a new stretch or morning exercise activity that you could do at home
- Walk to work when you can, and park further away to add a few minutes walk to your day

[Need more tips?](#)

Monthly Recipe



Have a healthy recipe that you would like to share with the PSU Community? Email them to healthy-psu@plymouth.edu and yours may be chosen for an upcoming



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*.

Upcoming workshops

Re-story (and Restore) Your Relationship with Your Body, Food & Exercise



Tired of shameful eating, yo yo dieting, feeling bad about your body, and/or guiltting yourself into exercising only to hate the experience? Then this 4-week workshop offered as part of Healthy PSU's

Wellness Wednesday Workshops is for you! Start off the new year with a new and restored relationship with your body, food and exercise!

Offered on 4 consecutive **Wednesdays, January 29 - February 19, from 12:15-1:10 pm in Frost Commons**. Rebecca Busanich, PhD, will be teaching individuals ways to understand and explore cultural and personal narratives around the body, food and exercise and how these can have a powerful impact on individuals' health behaviors and emotional relationships with their bodies, food and exercise. Individuals will be provided with alternative narratives and challenged to revise narratives in ways that will foster positive health outcomes. Come ready to share, learn and transform your health!

If you choose to participate in this workshop, you will also be asked to participate in a study on narrative therapy. Participation in the study is completely voluntary & not required as a part of the workshop.

Participation is free & limited to the first 20 employees. Please email healthy-psu@plymouth.edu to express interest.

Winter Fun

Outdoor Center

There's no better way to enjoy a New England winter than to get outside. The Outdoor Center equipment program has rentals to support you in:

newsletter.

Community Events

[Plymouth Elementary School Jingle Bell 5K Run/Walk Frozen 5K](#)

What are YOUR Interests?

Please take a moment to complete a 4 question survey helping the Healthy PSU team know about your interests for future workshops.
[Survey Link](#)

- Winter hikes (snow shoes, micro spikes, day packs, expedition backpacks)
- Skiing (Nordic, skate skiing, telemark skiing)
- Winter camping (-20 degree sleeping bags/pads, tents, stoves, cook sets, etc.)
- Technical climbs (plastic boots, crampons, helmets, harnesses)



Location: Student Apt. #31, where Tobey Road meets Langdon Woods.
See # 38 on the [campus map](#)

Hours: Monday - Friday, 12- 4PM during the academic calendar

Contact Angel Ekstrom, aekstrom@plymouth.edu or 535-2622 and set up pick-up and drop-off times in January and summer months.

Cheers to a healthy & happy month ahead,

The Healthy PSU Team

Barbara McCahan, Ph.D.

Rebecca Busanich, Ph.D.

Monthly Recipe:

Healthy Holiday Spanish Fritata



Ingredients:

4 cups unpeeled, grated zucchini (about 1.5 lbs)
2 Tablespoons chopped onion
1/2 teaspoon chopped garlic
1 can (4oz) diced green chiles
4 eggs
2 Tablespoons low fat milk
1/2 teaspoon cumin
1/2 teaspoon chili powder
1/4 teaspoon pepper
1/2 teaspoon salt (optional)
Olive oil
Salsa

Spread olive oil onto a 10-inch skillet
Saute the zucchini, onion, and garlic until zucchini is tender, pouring off any liquid. Add chiles.
Mix eggs, milk and seasonings.
Add to the zucchini mixture and cook until the eggs begin to set.
Broil just until top is golden.
Serve with your favorite salsa
Makes 4 servings

(From Quick & Healthy Recipes and Ideas, by Brenda Ponichtera)

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