

Summer 2014



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*.



Healthy PSU Walks NH Event

160 employees walked 320 miles!

On June 4 our Healthy PSU Wellness Champions and Team Captains brought together 19 departments to participate in our 2-mile *Walk NH* event on our newly designated sneaker days.

Champion and senior leader, Kathleen Norris led the way with



***HPSU Summer
Group Exercise***

~ HUB Fitness ~

Register Now

SPIN

Mondays 12:05 pm

Wednesdays 6:45 am

an official ribbon cutting ceremony to kick-off our summer physical activity and Walking Wednesday programs. Many thanks to everyone who joined us for the event, especially to our Physical Plant staff for creating the [campus walking maps](#) and installing the new Healthy PSU pole banners. Also to the nursing students for manning the water break table. The three largest teams were represented by Health and Human Performance (TEAM HHP-14 walkers), College of Graduate Studies (Highland Hikers-11 walkers) and Finance (Team FUNance-11 walkers). Many teams have set monthly walking goals and are continuing to log their miles for the month of June to earn the "I Walked NH" patch from the Foundation for Healthy Communities-[Learn More](#).

WANT TO TRY SOMETHING NEW? Are you interested in leading Wednesday noon walks, learning to play golf or to kayak, joining a running group after work or learning to line dance? Email [Denise Normandin, RDN, LD, Program Manager](#)

[Outdoor Center Equipment Rental information](#) - Available to faculty and staff by reservation! Contact [Angel Ekstrom](#) or 535-2622 for summer pickup & drop-off hours.

Good luck to our "Commit to Get Fit" at PSU Pilot participants!! Thanks to the Welcome Center for providing space for their weekly exercise and educational trainings.

Family Fun & Healthy Resources

Frost Commons Workshops

[JUNE 25 Healthy Cooking Workshop with Taylor](#)

Featuring a healthy cooking demo, recipes & food tasting just in time for your Independence Day celebrations!
12:05-12:50 ~ All are welcome!

TABATA

Tuesdays/Thursdays 6:45 am

YOGA

*Mondays 6:40 am
(Session I only/Welcome center)*

Tuesdays/Thursdays 12:05 pm

Quick Links

[CONTACT US](#)

[CENTER FOR ACTIVE LIVING AND HEALTHY COMMUNITIES](#)

[EMPLOYEE ASSISTANCE PROGRAM](#)

[TANDEM CARE](#)

[HARVARD PILGRIM USNH WELLNESS CONNECTION](#)



"Team HHP" 2014



Weight Watchers At Work meets weekly on Thursdays at 12:30. All PSU employee can attend one At Work meeting at no-cost! The current At Work group meets through July 17.

FOOD SAFETY: Stay safe this summer [Click here for important food safety tips.](#)

SMOKING CESSATION: Here is a collection of [top-rated quit-smoking apps](#) geared toward making it easier to stop smoking. Smoking-and the use of smokeless tobacco-is the top cause of preventable death in the United States. The [National Cancer Institute](#) estimates that 443,000 people die each year from smoking!

HEALTHY WEIGHT: [Weigh In: Talking to Your Children About Weight and Health](#)

[FEATURED RECIPE:](#) Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Summer Camps / Activities



**2014 Summer
Sports Camps**

Plymouth State Athletics is offering some great summer sports camps for children [reserve a spot today.](#)

SAVE THE DATE! PSU SUMMERFEST

July 23 - Come by the Healthy PSU booth to try Gliding, to play a game of Frisbee and to submit your favorite healthy recipe for consideration in our very own Healthy PSU cookbook coming out in November!



Stay Connected



*Have a Safe, Happy,
Healthy Summer!*

*The Healthy PSU Steering
Committee & Wellness
Champions*