

Wellness Events this Month!



March is National Nutrition Month!

Work-Life Wellness and TSU's Dietetics Program present

Bite into a Healthy Lifestyle!

Join us in the Consumer Science Building for great information and demonstrations.

Contact Carolina Velasco (Velasco_CX@tsu.edu) for more information



March 12: 12 -1pm

The Food Labels are Talking to us: Are we Listening?
Making Trail Mix Snack Packs



March 26: 12 -1pm

Get the Skinny on Fats
Reduce the fat not the flavor



March 31: 12 -1pm

Experience the Flavor, Reduce the Sodium
Modify the sodium of your favorite meal/dish



Sometimes the most important step is your first.

Take the first step towards a healthier life by taking an online **personalized health assessment**. It takes just fifteen minutes to complete and you will immediately see your "wellness score" and confidential results that can help you better understand your health opportunities. (Click [HERE](#) to get started).

Faculty and Staff Meal Plan



Get your meals at a rate \$6.00 or less per meal when you choose a meal plan.

20 Meals: \$115 + Tax
10 Meals: \$60 + Tax



Order your meal plan in the Tiger's Lair or the Student Center Cafeteria. Pay with Cash or Credit.

Meal plan usage is only good in Tiger's Lair and Student Center Cafeteria.

BENEFITS THAT MATTER



Did you know that by participating in certain Wellness activities **you can gain a bonus 8 hours of leave time?**

Review our Wellness Benefits [HERE](#) for more information!



Wellness Champion of the Month!

Keisha David, Director (Human Resources & Payroll Services)



I am motivated by wellness due to my own personal journey. Throughout my life I was always overweight. In the Fall of 2013 (October) *I made a decision to change my life.* I had already begun to make an internal transformation, but it was time for the external to match the internal. I knew that if I wanted to SEE a change, I had to **MAKE A CHANGE!**

I started making myself a priority and scheduled daily appointments with myself to meet my fitness goals. In addition to *working out*, I made *healthy eating* a MUST. No more fast food 4 times a week, I actually started using my stove...lol. I also replaced the sugary drinks (i.e. sodas and juice) with water and green tea. I also made sure I got *adequate sleep* (6-8 hours a night). Making these adjustments to my life gave back my life! **Now, 78 pounds lighter**, I am feeling better than I have ever felt!



Emotional ▪ Spiritual ▪ Physical ▪ Social ▪ Financial ▪ Environmental ▪ Intellectual