

August, 2015

Wellness Events this Month!



Physical Fitness Awareness Month

Get Fit For The Fall



August 14, 2015

10:00 am– 12:00 pm

Rec Center Track

Physical fitness is essential to a healthy lifestyle. Getting and staying active can take as little as 30 minutes a day. The benefits are great!

Join the us on August 14, 2015 for some physical fitness fun at the Rec Center Track between 10am and 12pm. Wear your tennis shoes and bring a team spirit.

There will be prize winning competitions!

Activities included:

- Walking
- Pass the Ball
- Hula Hoop Relay
- Line Dancing



COVIA HEALTH MOBILE WELLNESS DAYS

On-site, state of the art **3D Mammography** and **Bone Density** screenings for zero out-of-pocket cost:

Texas Southern University & Covia Health, partnering together to save lives with early detection.

AUGUST 5-7 | 9am - 4pm

TSU Campus – In front of the Student Life Center
Call Libby Mondello at 832.476.9660 X123 for more information

*In most cases





Performance Evaluations

Intellectual wellness involves using learning resources to expand knowledge, improve skills and experience life more fully. Intellectually well people are open to new ideas, think critically and seek out new challenges. They are also more likely to maintain good cognitive function as they age.

Why employee evaluations matter

- It encourages employees to perform better in the future and presents an opportunity to discuss career growth.
- During the appraisal, employees can discuss strengths and weaknesses with a supervisor, in effect, allowing employees to discuss personal concerns and celebrate accomplishments.
- It provides communication between a supervisor and employee on a regular basis to discuss job duties and issues with work performance.
- It allows employees to identify what skills may be lacking and need to be acquired or improved upon.
- It holds employees accountable for their job performance, and since the employee knows that an appraisal is coming, the employee has the opportunity to prepare in advance.
- It provides the opportunity for managers to explain organizational and department goals with their teams and discuss ways in which employees can participate in the achievement of those goals.



Wellness Champion of the Month!

Sanya Sinclair, Department of Human Resources and Payroll Services



One of my greatest passions is *motivating and helping others to live their best life*. As a life coach to friends, family, and colleagues I get excited by charting out all the areas in life (financial, physical, social etc.) and then creating goals, road maps, exercises, and affirmations to ensure that those goals are accomplished.

I believe it's important to have a clear picture of all of your values and priorities and live a life that truly reflects that. Many years ago I did my first "life audit" – I wrote down the things that mattered most to me, then I charted out the things that took up most of my time and energy. They did not match. At that point I made a conscious decision to improve every aspect of my life and I adopted a "Results not Excuses" mindset.

It has changed my life for the better and I've never looked back. I now set monthly action plans to keep me on track with my goals for the year.

The key is to be specific about your goals, be consistent with your actions, and surround yourself with a team of people who will encourage you, inspire you and hold you accountable.

I love being a wellness champion because I'm part of a wonderful team of people who share my excitement about living a healthy lifestyle and motivating our campus to do the same. Being able to research ideas and tips and share them with the campus is such a privilege!

Please take a look at our [wellness logo](#) (the beautiful wellness tree) and take a minute to reflect on how you're doing in each of the seven wellness areas. If something isn't where you want it to be, it's never too late to make a change. *This could be your best year yet!!!*