Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body’s warning signs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction. (Learn more at the Wellness Center)

This week we are going to focus on, you guessed it, getting you moving and eating right. We all know we should be exercising more and eating better but too often, and I mean TOO OFTEN, we think tomorrow will be the day and the story is all too familiar from there. Beginner steps is our target this week because I know everyone can accomplish these. There are more resources on the Wellness Center pages and a ton more if you email us so reach out!

NUTRITION

1. This first exercise may seem a little out there but bear with me. Read this short article about mindful eating and practice the exercise. I have incorporated this activity into almost every presentation I have done about nutrition and it is so beneficial to changing one’s experience with food that I don’t think I will ever take it out. Challenge #1: Post pictures of you and your mindful food (don’t forget to tag us!)

2. Keeping a food journal is your best, next step to not only evaluating your diet but working toward making those necessary healthy changes. Here is a short article on how to setup your food journal as well as some example templates if you want to make one yourself. Template #1 Template #2

(more on the next page!)
3. The first hurdle to overcoming incorporating physical exercise into our lives is always eliminating the excuse,” I don’t have time”. How we do that is to make exercise as high a priority as finishing work projects, getting the kids to school, and paying bills on time. Read this short article by Jane Brody, “Rethinking Exercise as a Source of Immediate Rewards.”

Here are some resources to get your started:

- **Fitness Blender**: the best Youtube channel for workouts that I’ve found. All you could dream of and perfect for beginners to seasoned pros. I use it for quick 15 minute morning routines, workouts with my kids and lunchtime sessions where I don’t want to sweat too much.

- **Walking Meetings 101**: a pdf guide to take your next meeting mobile so you can incorporate your goal of more physical exercise into your everyday activities. Don’t forget your desk stretches after!

**Challenge#2:** Post pics of when you have made working out a priority this week whether that is through a walking meeting, a morning rise and shine routine, or any other way you have chosen to put your health at the top of your to-do list!

Don’t forget to tag us (Facebook: Vanderbilt Recreation and Wellness Center & Twitter: @VandyRec) in your nutrition & physical challenge pictures to be entered for **This week’s prize**: A Free Personal Training or Boxing Session from Vanderbilt Personal Training!