

# WHAT'S UP WITH WELLNESS!

## OCTOBER 2019

S	M	T	W	T	F	S
		1	2 Wellness Wagon 10am-2pm	3	4 Tai Chi @ 4pm CVM 202	5
6	7	8	9 Wellness Wagon 10am-2pm	10	11	12
13	14	15	16 Wellness Wagon 10am-2pm	17 Lincoln Lesson 4:30 CVM100	18 CAHA Conference 8am-3:30pm CVM Building	19
20	21	22	23 Wellness Wagon 10am-2pm	24	25 Yoga @ 4pm CVM 202	26
27	28	29 Healthy Study Snack @ DVTC	30 Wellness Wagon 10am-2pm	31		

## PHYSICAL WELL-BEING

What is it?

Physical well-being - Getting enough sleep, eating a well-balanced diet, engaging in adequate exercise, getting regular medical check-ups, and practicing other healthy habits

This can be a hard one...especially while in school. Those cravings hit, your sleep deprived from studying all night, eating whatever is convenient, I get it. This is an everyday battle for me that I don't always win. Try and start small by substituting waffle fries for fruit or taking the stairs instead of the elevator. It helps make fitness and healthy eating less overwhelming & realistic. For me, I try to do some sort of physical activity everyday. For example, do sit ups while watching TV, take my dog for a walk, walk around the CVM building - easy things that I can work into my every day schedule. I challenge you to be more conscious of your Physical Well-being this month!

### OUTLETS TO GET PHYSICAL

LMU Fitness Center

Middlesboro Yoga Nook

Cumberland Gap Hiking Trails

LMU Aquatic Center

Harrogate Park