

# Wellness Comes in Seven

Wellness Resource Center

Become a Fan on Facebook!!

Most of Us

January

## Upcoming Events

### Got Wellness?

Open House: Jan 29, 12-5pm  
200 Bingham Commons  
Wellbody Weight Loss  
Classes: Starting Feb 2nd  
For full schedule, go to  
[wellness.missouri.edu](http://wellness.missouri.edu).

### Get Fit Mizzou:

Walk 200 miles, climb  
5000 steps, and do 2500  
strength training repetitions.  
Start at anytime by  
stopping by the WRC to  
get a free pedometer  
while supplies last.

## NEW AT THE WRC!!!!

### Relaxation Station:

Sit in a fancy massage chair,  
listen to music, stretch, read a  
book, or just relax in this new  
stress-free zone.

### Wellness Coaching:

Receive a FREE 30 minute  
session with a wellness coach  
to help manage your stress,  
time, sleep, diet and fitness.  
Call 882-4634 to set up your  
appointment today.

## Question of the Month

“How can you participate in  
‘Got Wellness?’ ”

\*Email Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu)  
with the correct answer to enter into a  
drawing for:

**\$10 of Wellness Bucks!**

November Winner: Luise King

## Got Wellness?

It all starts January 29th at the “Got Wellness?” Open House at the Wellness Resource Center. Come check out the pasture and pick up a FREE pedometer just for taking the challenge. “Got Wellness?” is a semester long program giving you FREE items just for maintaining a healthy lifestyle and attending a variety of events.

Events this semester include:

- Wellbody—Weight loss classes
- Get Fit Mizzou— Fitness Challenge
- Kiss Me Health Fair
- Earth Day Farmer’s Market
- Chad Etherly Memorial 5K
- Fitstops— Cholesterol, Glucose, and Iron Screens
- And MORE!!

## Resolutions Revamped

Resolutions are known for failing and usually involving diets or gym memberships. This year make a resolution that will stick! Here are some tips to make sure you don’t disappoint yourself again this year:

- Do not overwhelm yourself: start small
- Do not be vague with your goals, be specific
- Be realistic
- Goals should be measureable, so you can detect if progress is being made
- Resolute to something you actually desire
- Write it down to commit yourself

[For more details go to http://www.healthyminds.org/tips07.cfm](http://www.healthyminds.org/tips07.cfm)

## Arrive Alive!

When winter brings ice and snow, roadways become a major hazard. Follow these steps to ensure your safety.

- Equip your vehicle with emergency items such as: flashlight, blanket, and shovel
- Wear your seatbelt
- Do not drive unless you absolutely have to or until roadways have been cleared
- Defrost your windows and windshields
- Keep mirrors, windows, and lights clean and keep your lights on
- Adjust your speed to conditions
- Pump on your brakes, do not slam on them
- Check your tires, brakes, windshield wipers, and wiper fluid prior to traveling.
- Do not pass snowplows and give them plenty of room
- High volume roadways will be cleared first, so make travel adjustments
- Conditions are most dangerous when temperatures are near 32 degrees.

[For more information visit www.modot.org](http://www.modot.org)

To add or remove your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu) or call 573-884-9441. Sources: [www.healthyminds.org](http://www.healthyminds.org), [www.modot.org](http://www.modot.org)

\* By responding to the Question of the Month you will automatically be added to the monthly mailing list.

## Wellness Tip

Avoid the clichéd weight loss resolution, and instead, resolute to become more focused on your spirituality this year: make a goal to write in a journal each day or have a few moments to yourself for reflection at night. This might help you to stay in line with your life’s goals or maybe discover them!



# Wellness Comes in Seven

Wellness Resource Center

Become a Fan on Facebook!!

**Most of Us**



## For More Information January's Issue:

- Become a fan on Facebook!  
<http://www.new.facebook.com/pages/Columbia-MO/Wellness-Resource-Center/73112470116?ref=ts>
- Got Wellness?  
[Wellness.missouri.edu](http://Wellness.missouri.edu)
- Arrive Alive: Winter Weather Driving Tips  
[http://www.modot.org/road\\_conditions/winterdrivingtips.htm](http://www.modot.org/road_conditions/winterdrivingtips.htm)
- Resolutions Revamped: Healthy Resolutions  
<http://www.healthyminds.org/tips07.cfm>

To add or remove your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu) or call 573-884-9441.

Sources: [www.healthyminds.org](http://www.healthyminds.org), [www.modot.org](http://www.modot.org)

\* By responding to the Question of the Month you will automatically be added to the monthly mailing list.