



# WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work & Live



## UPCOMING EVENTS

by Jessica Rojas

### Healthy Holiday Challenge Sign-Up (faculty/staff only)

Thu., Oct. 25

10:00 a.m. - 2:00 p.m.

HUB 302

### Student Recovery Meetings

Mondays

Oct. 15 - Dec. 14

4:00 p.m. - 5:00 p.m.

HUB 265

### Yoga @ SRC

6:30 a.m. - 7:30 a.m.

MPR B

Mon. Wed. Fri.

### Walk and Talk with Tamica Smith Jones

Wed., Nov 7

@ HUB / Scotty the Bear Statue

12:15 p.m. - 12:45 p.m.

## HEALTHY CAMPUS CELEBRATION OFFERS A WELLNESS BREAK

by Sandra Baltazar Martinez

Smoothie recipes, free flu vaccines, gardening tips, and mental health support were among the many resources found at the inaugural Healthy Campus celebration.

At least 500 students, staff, and faculty attended the health fair near the bell tower on Thursday, Oct. 11. The two-hour program offered the campus community an opportunity to connect with at least 40 departments and Healthy Campus projects that offer services to support healthier living.

Read more: [bit.ly/hc-celebration](http://bit.ly/hc-celebration)

# R'DAILY GRIND

By Omar Ketana



In this day and age, it's especially hard to find unprocessed food with no preservatives. However, UCR Dining is setting the standard and raising the bar high by making their very own peanut butter with just one ingredient: peanuts.

Unlike ordinary store-bought peanut butter, R'Daily Grind peanut butter has no added sugar, salt, or hydrogenated oils, leaving only the simple and natural taste of peanut butter.

The peanut butter is ground right here on campus with new fresh batches made everyday. There are no preservatives added, be it natural or artificial. R'Daily Grind is rich in heart-healthy fats, which means you can enjoy this treat guilt-free.

Not only is R'Daily Grind beneficial to your health, it's also beneficial to the local environment at UCR. The peanuts are grown locally and help to sustainably enrich the soil in which they are planted.

You can purchase an R'Daily Grind Peanut Butter cup (8 oz or 12 oz size) at either Scotty's HUB, Scotty's Glen Mor, or the Market at Glen Mor. So come on out and try this healthy treat that will help you fuel your daily grind!

## HEALTHY HOLIDAY TIPS

By Alissa Arunarsirakul

### 1: Manage your stress levels

Do a 5 minute guided meditation to manage stress levels.

Free audios: [bit.ly/uc-meditations](http://bit.ly/uc-meditations)

### 2: Limit your portions

At every meal, fill half your plate with fruits & vegetables to reduce calories and portions of those higher calorie sides.

### 3: Stay active

Add 10 minutes of physical activity to your day.

Go for a walk with a friend, take a family bike ride, etc.

### 4: Conquer flu season

To lower your chances of catching an illness, take safety precautions. Get a flu shot

### 5: Save money

Buy food that is in season and on sale. Shop at farmer's markets for the freshest, locally-grown fruits and vegetables.

## HEALTHY HOLIDAY CHALLENGE

By Abigail Akyiaw



Are you looking for ways to exercise or eat healthy? Maybe you have the means, but not the motivation? This fall UCR is doing the Healthy Holiday Challenge! This challenge is to encourage UCR faculty and staff to practice healthy behaviors during the holidays.

Stop by the Wellness table at the Benefits Fair on October 25, from 10 a.m. to 2 p.m. in HUB 302, sign up online at: [bit.ly/hhc-2018](http://bit.ly/hhc-2018)