



WHAT THE HEALTH

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



Happy New Year, Highlanders!

Welcome back! We hope you had a festive and restful holiday season. It's a new year, which means a fresh start for more healthy habits and avenues to happiness. UCR Healthy Campus is striving to promote a culture of health and wellness, and we hope to provide you with resources, insight, content, and inspiration.

Let's start 2021 strong!

UPCOMING EVENTS

THE 4 ESSENTIAL ROLES OF LEADERSHIP

Virtual - Franklin Covey
LiveClicks

Adobe Connect App

March 03, 2021 @ 10:00 am

Fee: \$161

6 CRITICAL PRACTICES FOR LEADING A TEAM

Virtual ILT - LiveClicks

March 16, 2021 @ 10:30 am

Fee: \$161

New Year's Resolutions and How to Keep Them: 3 Tips

Written by: Sarah Gohn, MS

Outreach Coordinator for Counseling and Psychological services
Co-chair for Healthy Campus Mental Health Sub-Committee

"Wanting to actually keep the promises you made to yourself this year? When working with clients in past years, there are several tips I ask them to consider when it comes to resolutions or goals..."

1

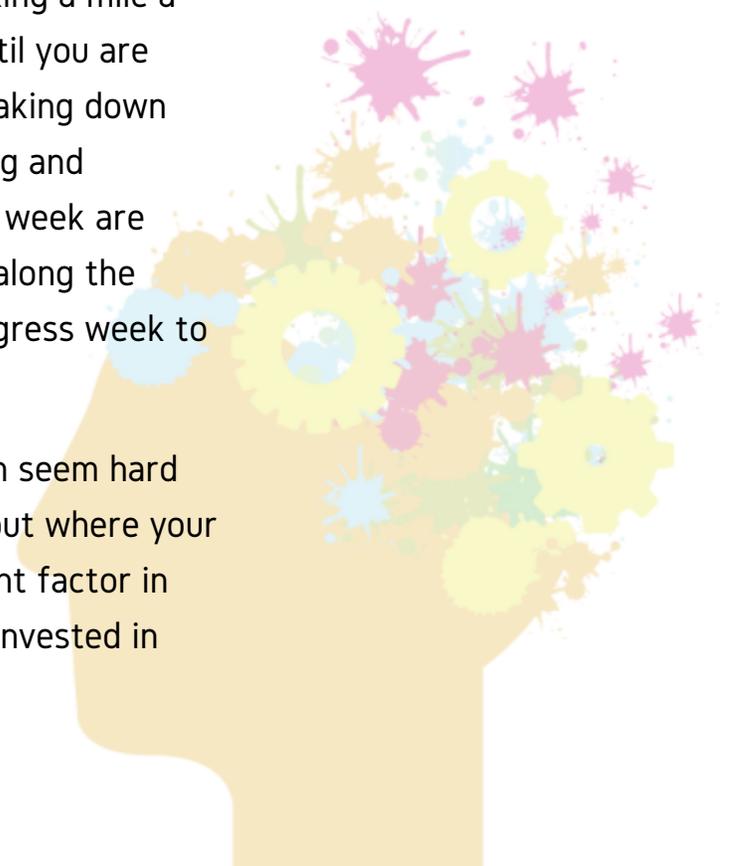
Write it down! When you write down your goals you are far more likely to achieve them. Want to go a step further? Placing your goals where you see them every day (hello bathroom mirror) also helps in achievement. Subconsciously seeing those goals everyday will keep you headed in the right direction.

2

Break up big goals into smaller ones. For example: Have big goals for 2021 like running a full or half marathon? Divide that up into monthly and even weekly goals. Maybe you start off walking a mile a day and gradually build on that mile until you are running several miles consistently. Breaking down big goals can help them not seem so big and overwhelming, little goals every day or week are much more achievable and motivating along the way. Write them down to see your progress week to week!

3

Find an accountability partner. This can seem hard because now someone can ask you about where your progress is or isn't, but it is an important factor in motivation; having someone who is as invested in you as you are!



Intern Spotlight Interview

CHRISTIAN LOPEZ

Pre-Business Administration | Healthy Campus Intern

How was starting "Zoom university"?

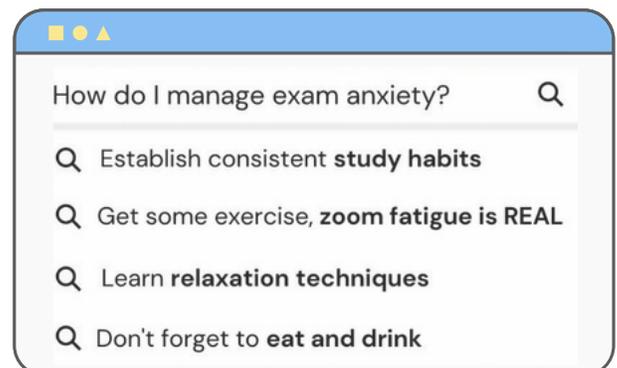
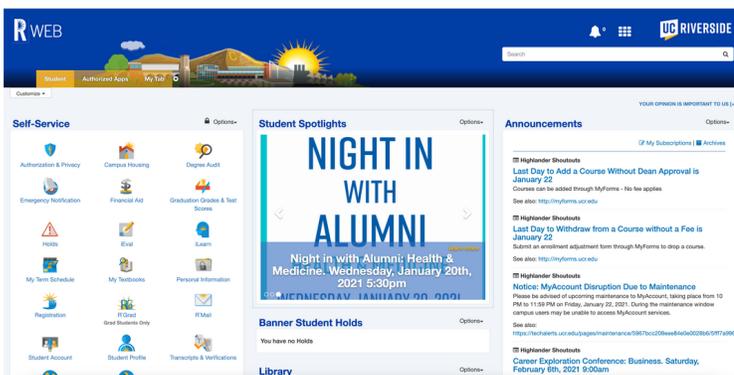
The transition from traditional to remote learning impacted me greatly, especially coming out of my first year. During the Winter quarter prior to all of the adjustments due to COVID-19, I was just beginning to actively engage in more campus activities/organizations- third quarter was going to be my extra mile. Unfortunately the month of March, along with the exponential growth of the pandemic hit, and my new reality became consumed by discouragement and a loss of control.

What has it been like since then?

What I didn't expect was discovering identity and empowerment. I believe the time we had to ourselves during quarantining highlighted the importance of our actions, as we have sole and individual power to set goals, to strive for greater things, and to control our lives. I worked in retail before starting second year, which was really challenging. I had a terrible schedule and a long commute on the bus. It would've been even more difficult to balance my responsibilities during fall quarter, so I worked my best to land a remote work-study position. This opportunity allowed me to have more flexibility and reassurance on my health!

Any advice?

Find any way to stay involved on campus! This could be through research, internships, or participation in organizations. These help you stay connected and productive, allowing you to meet new people, find allies in classes, and find more motivation. Remote learning has taught me that opportunities are always available to you. Despite unprecedented circumstances, discouragement, or the feeling of losing control, it's about taking initiative, staying persistent, and being kind to yourself!



PHYSICAL ACTIVITY:

Not Just About Fitness

Written By: Edward Marchall

"..there is more to physical activity than strength and flexibility.."

The past several months has certainly altered the daily routine for many of us who can no longer work on campus and this may be having an adverse effect on your physical activity.

Walking across campus several times a day to attend meetings or to meet with friends is not currently an option. Even at home, with gyms being closed, added work pressure, or needing to help our kids with distance learning, our exercise routines have been impacted.

But it's important to remember, especially during these trying times, that there is more to physical activity than strength and flexibility.

We're all aware that regular physical activity can help maintain weight loss, improve cardiac health, and help manage certain chronic conditions like type 2 diabetes and high blood pressure, along with the previously mentioned strength and flexibility benefits.



Current guidelines recommend: 150 minutes of physical activity a week.

Of course, these minutes can be broken up into smaller, more manageable blocks as needed. Physical activity can be as simple as taking a walk around the neighborhood or dancing in your living room. Yardwork and household chores can even be considered physical activity if done at a moderate pace.

RESOURCES:

Be sure to check with your doctor before starting a new exercise program, especially if you have any concerns about your health.

[Student Recreation Center:](#)

There is a wide variety of online classes, pre-recorded videos available, and to learn about their equipment check-out program. The best part: Membership not required.

[Healthy Campus Physical Activity Page:](#)

This Live Fit Live Well booklet is a great downloadable guide for simple exercises that can be done with little to no equipment. The booklet also contains a number of stretches to aid in recovery and injury prevention. We may find ourselves sitting at our desks for extended periods while we work from home and focusing on flexibility is a great way to combat the muscle tightness and joint stiffness associated with prolonged static positions.

While we may be out of our normal routine, for now, there are plenty of options to help us adapt and continue to work on our physical, mental, and emotional well-being. Here's to a healthy and happy 2021 - CHEERS!

I Wear a Mask Campaign

ASHLEIGH SINGH

Biology | Healthy Campus Intern

The I Wear a Mask Campaign's purpose is to advocate social distancing and wearing masks in public to all highlanders!

We hope that seeing other students, faculty, and staff wearing masks and reading about why they choose to do so inspires all highlanders to wear a mask as well. It's been wonderful reading why everybody who submitted a post chooses to wear their masks, and hopefully influences others to do the same.



Watch the ["I Wear a Mask" Campaign video](#) on the UCR Healthy Campus YouTube Channel.

Ergonomic Work Station

CLYDE BLACKWELDER

Ergonomist | Workplace Health & Wellness



- Back straight
- Head level (not looking down)
- Upper arms hang relaxed at torso
- Elbows about 90
- Feet well supported

Watch the ["Setting Up an Ergonomic Work Station at Home"](#) video

Intern Recipe Spotlight



Ingredients:

- Kale (to your hearts content)
- Olive oil (1 tablespoon recommended for 4 cups)
- Salt
- Pepper
- Paprika
- Garlic powder
- Onion powder

Kale Chips

NL FOODIES: NEHA & NITYA LOGANDA
Healthy Campus Leads

Recipe:

- Pre cut kale, but if you're buying the entire bushel, be sure to cut off the stem
- Once you have your kale cut, place in a bowl and add the olive oil until all pieces are very thinly coated.
- Mix in seasoning
- Place in the air fryer at 375 degrees Fahrenheit for 5 minutes and mix it halfway (You can also make it in the oven for a similar time and temp, but it may need more time)
- You may need to cook it in batches
- Enjoy!