



Freed-Hardeman University
Teaching how to live and how to make a living.

Volume 6, Issue 1, Spring 2010

Great Expectations

The New Year always arrives with countless resolutions aimed at better health, happiness, and lifestyles... and the year always ends with many of our goals being not so resolved. Freed-Hardeman University recognizes the need to help stick it out to the end. The spring 2010 semester offers employees a plan that will reward their iron will. The FHitness for U Wellness Program, which has been around since 2006, is about to hit the ground running once again—and it promises to be the ticket to New Year's resolution success.

Fifty percent of Freed-Hardeman faculty and staff have signed up for the course already. These participating members of the spring 2010 program will complete a Challenge composed of 25 activities and 14 weekly challenges designed to promote overall wellness. The activities and weekly challenges are as simple as having a yearly checkup, hosting a church youth group activity, or balancing check-books—activities most people do on a regular basis anyways. Employees who complete the wellness program Challenge will receive a gift package and be entered into a Grand Prize drawing for a special weekend getaway (sponsored by Commercial Bank). At Freed-Hardeman, a healthy lifestyle is more than simply recognized—it's rewarded.



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Wellness Checklist Sneak Preview

Interested in seeing exactly what might be expected of you if you join the 2010 Wellness Program? Listed below are just a few of the activities included.

- ◆ Dental cleaning
- ◆ Read your Bible every day for a week
- ◆ Attempt to donate blood
- ◆ Call a loved one

“Nothing great
was ever
achieved without
enthusiasm.”

Ralph Waldo Emerson

If you have questions or comments, feel free to email Russell or Kay in Human Resources.

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Russell Epperson, HR Director



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Volume 5, Issue 1, Fall 2009

Got Sleep?

If you're having difficulty getting a good night's rest, TopHealth magazine has a few helpful suggestions that may be just what you need to send you into the peaceful slumber you've been missing. **Got to bed and get up at the same time every day.** You'll help regulate your body's internal clock to get the 7-8 hours of sleep adults require. **Skip stimulants** like caffeine from late afternoon on. **Exercise regularly.** Regular exercisers sleep almost an hour longer than non-exercisers, and they fall asleep in half the time.

Slim Down the Simple Way

There is no question that eating right and exercising is the only way to control weight. TopHealth magazine gives a few less obvious tips to help make those efforts work—fast.

Eat breakfast. Regular meals and low-calorie snacks help you avoid the "famine-then-feast" syndrome.

Leave a honey-

do list for yourself on the fridge. Whenever

you're bored and tempted to snack, you can tackle one of these projects and distract yourself from the crave attack. **Serve yourself half the amount.**

Make less food look like more by using smaller plates. **Bite into a pickle or lemon.** Neither has any calories, and the sourness helps curb appetite. If

you don't have either, try brushing your teeth. **Take time to enjoy your food.** It takes about 20 minutes for your brain to receive the signal that you're full, and by then, you may have already over-eaten. Put your fork down between bites, chew slowly, and savor your food to kick that unhealthy habit.



Commit to the Lord whatever you do, and your plans will succeed.

Proverbs 16:3

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