

Only One Month Left!



Congratulations! You've made it through September and October with the Wellness Program, and there's just one month left! The Wellness Program will continue through November until December

1st. Do your best to keep up with your exercise and diet plans. Lets make this last month the best month so far!

A Healthy Thanksgiving?

We all may be wondering if it's possible to eat healthily during the holiday season, and the simple answer is yes! With a wide variety of recipes to choose from, the links and book below will show you how you can have a happy and healthy thanksgiving:



- Betty Crocker [Healthy Thanksgiving Recipes](#)
- A Healthy Me! [Thanksgiving Edition](#)
- *What Would Jesus Eat?* by Don Colbert, M.D., available for purchase in the Bible Bookstore



Create a caption contest!

Last month, we asked you to write a catchy or funny caption that goes along with our wellness program to be used with this picture. The top pick wins a prize! We've published the winning phrase in this month's newsletter.

And the winning caption is:

"Hooked on Wellness worked for me!"

- Submitted by Natalie Zlatovich

Congratulations to Natalie, who will receive a valuable prize!

If you have questions or comments, feel free to email me. [Email Russell.](#)

Russell Epperson, Director of Human Resources

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

FFitness for U Newsletter

Freed-Hardeman
University
Wellness Program

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Wellness Seminar Recap

Our first two wellness seminars have been a big success! Thanks to all of you who were able to attend.

Dr. Michael Briley was the speaker at our first wellness seminar on October 10. He spoke to the crowd about good and bad cholesterol and its effects on the body. He also addressed blood pressure—how to read it and the meaning of the numbers. In addition, Dr. Briley addressed several questions posed by the audience.

October 30 was the date for the second seminar. Our speaker was Myrtle Russell, the author of the book *Small Change*. Mrs. Russell revealed to the crowd some of the small steps that can lead to healthy change. Some of these steps include: drinking more water, exercising, eating a nutritious diet, and keeping a food journal. Mrs. Russell illustrated how fun exercise can be by having a few members of the audience participate in a hula-hoop demonstration.

The next wellness seminar will be November 29 at 4pm in Ayers. In addition, another seminar is tentatively planned for November 15.



Scripture Spot
Enter into His gates with thanksgiving,
And into His courts with praise.
Be thankful to Him, and bless His name.
Psalm 100:4



"The best remedy for a short temper is a long walk."
- Jacqueline Schiff

Newsletter Spotlight:

Wellness Seminars

4:00pm

Ayers Auditorium

November 15 (Tentative)

November 29

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