



# WHAT THE HEALTH

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



## HAPPY NEW YEAR, HIGHLANDERS!

We hope everyone had an enjoyable winter break with their loved ones while staying safe, healthy, and warm this winter. Let's embark on this new year and quarter by cultivating healthier habits!

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# WINTER ACTIVITIES

By: Jasmine An

The sunshine has mostly disappeared and leaves have fallen off the trees. Holiday lights, sipping hot cocoa, and decorating a gingerbread house means Winter has arrived! Take advantage of the season of change and have some fun with these Winter activities.



## VISIT THE MOUNTAINS

Embrace the winter weather by visiting the mountains and having fun in the snow! Take a ride down the snowy hill with a sleigh or snowboard with loved ones. Watch the snowfall, create snowmen and angels, and have a snowball fight!

## ENJOY SWEET TREATS & DRINKS

Stay warm by drinking hot cocoa. Make your own and top it. Enjoy sweet treats by baking cookies and creating a gingerbread house. This is a great bonding activity to do with others. Sip on your hot cocoa and eat your sweets while watching a holiday movie.



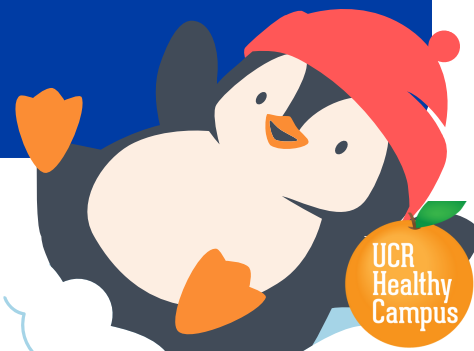
## HAVE A BONFIRE

When the weather is breezy, sit near the warm flames. Invite your loved ones for an exciting outdoor bonfire. Tell stories, catch up with each other, and make smores!



## GO ICE SKATING

Put on a pair of blades and glide along the ice rink admiring the scenic holiday lights and enjoying the fresh air. A fun activity to do with others, celebrate the holidays, and create memories.





# HOW TO STAY ACTIVE DURING THE WINTER

By: Frida Villasenor



Although being active outside is frequently difficult in the winter, it is still doable. Enjoy the unique outdoor possibilities that winter has to offer and try out some inside activities to keep up your fitness quest. Winter shouldn't stand in the way of your fitness goals.



## Indoor Workouts

Transitioning to indoor workouts becomes essential. Examine diverse exercise modalities like Pilates, yoga, or bodyweight exercises. With a plethora of online resources and apps catering to different fitness levels and preferences, there's something for everyone. Creating a small workout space at home with basic equipment such as dumbbells, resistance bands, and a yoga mat can make indoor exercises more accessible and engaging.

## Winter Sports

If the weather permits, participating in winter sports is an excellent way to keep active. Engaging in sports such as skiing, snowboarding, ice skating, or snowshoeing can be an enjoyable and productive physical activity. Use nearby indoor amenities, such as malls that open early for strolling or indoor pools where you may swim laps if the weather isn't ideal outside.







# HOW TO STAY ACTIVE DURING THE WINTER

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## Group Exercise Programs

In addition, group exercise programs at community centers or gyms can provide structure and social connection, which can increase motivation in the winter months. Never undervalue the importance of regular movement.

## Tasks Around The House

Doing tasks around the house, doing projects around the house, or even dancing to music can raise your level of general activity. It's important to vary your activities, choose ones that fit your schedule and preferences, and maintain consistency.





# REBECCA RYAN

## WELLNESS AMBASSADOR



### Who is Rebecca Ryan?

Rebecca Ryan joined the University of California, Riverside in January 2007. She is currently a financial analyst in UCR's Chemistry Department.



### What does Wellness mean to Rebecca?

Staying active has been a part of my life since childhood, whether it's been through track, cross country, hiking, biking, or hitting the gym. I always aim to have fun while exercising. Running and working out are my passions; they help clear my mind and give me a great feeling. Despite considering myself healthy, I've faced numerous injuries over the years, especially after my complete ACL replacement in 2016, which was a major setback. However, I gradually got back into my routine, realizing I wasn't content with my health choices. I made a conscious effort to improve my health by focusing on my diet, incorporating healthier eating habits, and adding weight training to my regimen. The results were amazing—I lost weight, became stronger and faster, and felt healthier than ever before. I'm now in the best shape of my life, even better than in my 20s and 30s. I'm grateful for the ability to pursue my activities with renewed vigor. My motto? "Get up and get moving!"

# GOAL-GETTER GUIDE: MASTERING THE ART OF GOAL MAINTENANCE

By: Briana Trujillo

To effectively maintain our goals, it is crucial to establish a clear and realistic plan. Begin by setting specific, measurable, attainable, relevant, and time-bound (SMART) objectives. Break down larger goals into smaller, manageable tasks, creating a roadmap for success.



## CONSISTENT PROGRESS MONITORING IS ESSENTIAL.

Regularly assess your achievements and adjust your approach if necessary. Embrace a growth mindset, viewing challenges as opportunities to learn and improve. Celebrate small victories along the way to stay motivated.

## PRIORITIZE TASKS BASED ON IMPORTANCE AND DEADLINES.

Time management is key—create a daily or weekly schedule to allocate specific time slots for goal-related activities. Minimize distractions and stay focused during these dedicated periods.



# GOAL-GETTER GUIDE: MASTERING THE ART OF GOAL MAINTENANCE CONTINUED



## BUILDING A SUPPORT SYSTEM IS INVALUABLE.

Share your goals with friends, family, or colleagues who can provide encouragement and accountability. Collaborate with like-minded individuals or seek mentorship to gain valuable insights and guidance. Maintain a healthy work-life balance to prevent burnout. Ensure self-care practices, such as regular exercise, sufficient sleep, and mindfulness, are integrated into your routine. A well-balanced lifestyle contributes to sustained motivation and energy.

## FLEXIBILITY IS CRUCIAL.

Be open to adapting your goals based on changing circumstances or newfound insights. Learn from setbacks, view them as temporary obstacles, and adjust your strategy accordingly.



## REFLECT REGULARLY ON YOUR GOALS AND THE PROGRESS MADE.

This self-evaluation fosters continuous improvement and allows for adjustments to align with evolving aspirations. Consistency, adaptability, and perseverance are key components in the journey to achieving and maintaining your goals.





# HEALTHY MEAL FOR WINTER

By: Frida Villasenor

With the cold weather, looking for a meal that satisfies the craving for something warm and delicious can be hard. Soups are a good way to satisfy that craving because not only are they warm but they are also healthy with the broth and vegetables. A hearty and nourishing lentil stew would be great.



## INGREDIENTS

- 1 cup dried lentils (green or brown), rinsed
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 can diced tomatoes
- 4 cups vegetable or chicken broth
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon thyme
- Salt and pepper to taste
- Olive oil for cooking
- Fresh parsley for garnish (optional)

## INSTRUCTIONS

1. Heat some olive oil in a large pot over medium heat. Add the chopped onions and sauté until they're translucent, then add the minced garlic. Cook for another minute until fragrant.
2. Add the diced carrots and celery to the pot. Stir and cook for a few minutes until they start to soften.
3. Pour in the lentils, canned tomatoes (with their juices), and broth. Stir in the cumin, smoked paprika, thyme, salt, and pepper. Bring the mixture to a boil.
4. Once it's boiling, reduce the heat to a simmer and cover the pot. Let it cook for 25-30 minutes or until the lentils are tender.
5. Check the seasoning and adjust if needed. If you prefer a thicker stew, mash some of the lentils against the side of the pot with a spoon to thicken it up.
6. Serve the lentil stew hot, garnished with fresh parsley if desired. It's delicious on its own or served with a slice of whole-grain bread.



# STUDYING 101: EFFECTIVE STUDY METHODS

By: Jasmine An

With the new Winter quarter here, practice these effective study methods to stay on top of your studies and limit cramming until the last minute.

## TIP #1: SPACE OUT YOUR STUDYING

Spacing out your studying decreases the chances of last-minute cramming and procrastination. Space your studying over several short periods for several days. It's recommended to devote some time to each class every day. This will benefit long-term understanding and memorization of the information.

## TIP #2: TEST YOURSELF

Test yourself to see your understanding of the material and what topics stumped you. Utilize practice tests and homework questions answering to your best ability without the assistance of notes. Completing and reworking practice problems helps with technical courses as it's important to be able to understand and explain how the steps work.

## TIP #3: COLOR- CODED NOTES

Unorganized notes can make it difficult to recall the important ideas of a lecture. Color-coding notes are a dynamic way to organize and see the information you're learning. It will help you when reviewing and ensuring to prioritize the important ideas of the content.

## TIP #4: CREATE STUDY MATERIALS

Create study materials such as flashcards or a study guide. Flashcards help with the practice of active recall and memorization. Creating study guides helps with the visualization of key concepts and topics.





# Mastering the Clock: A Comprehensive Guide to Effective Time Management

By: Briana Trujillo

Effective time management is essential for productivity and achieving goals. By mastering these time management strategies, you can enhance productivity, reduce stress, and create a more balanced and fulfilling life.

Start by setting clear priorities and identifying tasks that contribute most to your objectives.

Use a time management tool, such as a planner or digital calendar, to schedule your activities and allocate specific time slots for each task.

Break down larger projects into smaller, more manageable tasks to prevent feeling overwhelmed.

Prioritize urgent and important tasks while delegating or postponing less critical ones. Embrace the "Pomodoro Technique" or similar methods, incorporating short breaks between focused work intervals to maintain concentration and prevent burnout.



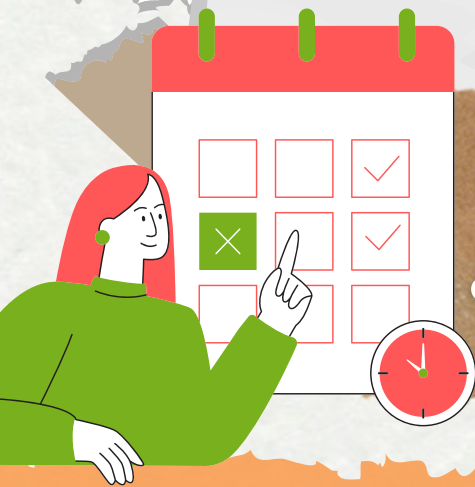
**URGENT!**





# Mastering the Clock: A Comprehensive Guide to Effective Time Management

## CONTINUED



Effective time management is essential for productivity and achieving goals. By mastering these time management strategies, you can enhance productivity, reduce stress, and create a more balanced and fulfilling life.

**Eliminate time-wasting activities by identifying and minimizing distractions.**

Turn off non-essential notifications and create a dedicated workspace to enhance focus. Learn to say no when necessary to avoid overcommitting and spreading yourself too thin.



**Regularly review and adjust your schedule based on progress and changing priorities.**

Be flexible and open to adapting your plan as circumstances evolve. Incorporate self-care into your routine, ensuring that you allocate time for relaxation, exercise, and personal activities.

