



FIT HAPPENS

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



HAPPY NEW YEAR!

We hope this Winter Break has been relaxing and restful. We hope you are recharged and ready to take on this upcoming Winter quarter. Here are some healthy habits to help you start off the New Year on the right foot.



Inside this Issue

- WINTER RECIPE
- HOW TO DESTRESS BEFORE FINALS
- HOW TO BOOST YOUR IMMUNE SYSTEM TO COMBAT COLD WEATHER
- WINTER MOVIE RECOMENDATIONS
- REFLECTIONS ON THIS PAST YEAR

PEPPERMINT HOT CHOCOLATE

A sweet drink to warm you up in the cold!

INGREDIENTS:

- 1 cup milk (whole or 2% are best)
- 1/4 cup heavy cream
- 1 to 2 tablespoons granulated sugar (depending on how sweet you like it)
- pinch kosher salt
- 3 ounces finely chopped semisweet chocolate or chocolate chips (about 1/2 cup)
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon peppermint extract
- whipped cream, marshmallows, and crushed candy canes, for garnish (optional)



INSTRUCTIONS:

1. In a pot, whisk together milk, heavy cream, sugar, vanilla and peppermint extracts, and salt. Heat on the stove on medium-low until bubbles start to form around the side of the pan.
2. Reduce heat to low, add chocolate and extracts, and whisk until melted, glossy, and thickened slightly, 1-2 minutes.
3. Pour into a mug and top with lightly-sweetened whipped cream or marshmallows and a sprinkling of crushed candy canes.
4. Enjoy!



CHRISTMAS PINE CONES RECIPE

INGREDIENTS

- 1 package of softened cream cheese (225g)
- About 30 Oreos (or your choice of chocolate cookies)
- 2 cups of chocolate cereal
- Powdered sugar

INSTRUCTIONS

- Start by lining a medium sized tray with parchment paper for your edible pine cones to go on
- Crush or blend up your Oreos in a high powered blender to make them into crumbs
- Add your cream cheese into a bowl and mix in your Oreo crumbs
 - Once the Oreo mixture starts to stick together like dough, take small portions of the mixture and shape them into cones of your size preference
 - Next begin layering the chocolate cereal from the base of the cone upward, shaping it to resemble a pine cone
 - Once you're done, place your tray of chocolate pine cones in the fridge and let it chill for around 15 minutes
 - Lastly, top your pine cones off with a light dusting of powdered sugar and enjoy!

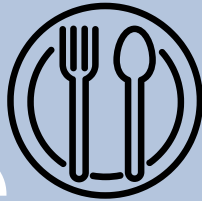


DESTRESS FOR EXAMS

BY RUHI DESAI

THE ONSET OF EXAM SEASON TENDS TO BRING QUITE A BIT OF STRESS ALONG FOR THE RIDE. IT'S EASY TO GET SO CAUGHT UP IN PREPARING FOR EXAMS AND FAIL TO TAKE CARE OF YOURSELF AS A RESULT. THAT'S WHY IT IS IMPORTANT TO TAKE A STEP BACK AND FOCUS ON RELAXING ACTIVITIES THAT WOULD MAKE YOU HAPPY INSTEAD

EAT COMFORT FOOD



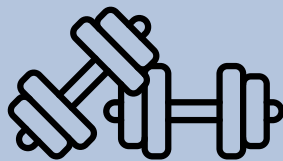
AS EXAMS APPROACH AND STRESS LEVELS CLIMB, COMFORT FOOD CAN BE A SOOTHING ESCAPE. WHETHER IT'S A WARM BOWL OF MAC AND CHEESE, A STEAMING CUP OF HOT CHOCOLATE, OR A SLICE OF YOUR FAVORITE PIE, THESE DISHES BRING A SENSE OF FAMILIARITY AND CALM.

PERSONAL HYGIENE



WHEN STRESS TAKES OVER, PERSONAL HYGIENE CAN BE THROWN ON THE BACKBURNER, BUT MAINTAINING IT CAN ACTUALLY HELP YOU FEEL MORE GROUNDED AND IN CONTROL. A REFRESHING SHOWER, WASHING YOUR FACE, OR BRUSHING YOUR TEETH NOT ONLY KEEPS YOU FEELING FRESH BUT ALSO OFFERS A BRIEF, MINDFUL BREAK FROM STUDYING.

WORKOUT



WHEN STUDYING HAS YOU FEELING OVERWHELMED, A WORKOUT CAN BE YOUR WAY TO RELEASE EXCESSIVE ANXIETY. EXERCISE ALSO PROVIDES A HEALTHY WAY TO CHANNEL STRESS, GIVING YOU A SENSE OF ACCOMPLISHMENT AND CONTROL.

ENTERTAINMENT



WHEN EXAMS FEEL LIKE TOO MUCH, ESCAPING INTO YOUR FAVORITE SHOW OR A GOOD BOOK CAN BE THE PERFECT RESET. A LITTLE MENTAL ESCAPE CAN RECHARGE YOUR FOCUS AND CREATIVITY, MAKING IT EASIER TO TACKLE THE NEXT STUDY SESSION. JUST BE CAREFUL NOT TO LOSE TRACK OF TIME WHILE READING OR WATCHING!



BOOSTING YOUR IMMUNE SYSTEM: STAY HEALTHY AS THE WEATHER CHANGES AND FLU SEASON BEGINS



As we transition into winter, cooler weather and the onset of flu season can take a toll on our immune systems. Staying healthy during this time of year is crucial for maintaining your academic performance and overall well-being. Here are some tips to help keep your immune system strong as the weather changes.

PRIORITIZE SLEEP



Sleep is one of the most effective ways to support your immune system. Aim for 7-9 hours each night to give your body the time it needs to repair and recover. A well-rested body is better equipped to fight off infections and keep you feeling energized throughout the day.



STAY ACTIVE

Regular exercise not only boosts your mood but also strengthens your immune system. Whether it's taking a walk around campus, hitting the gym, or doing yoga in your room, physical activity can help improve circulation and flush bacteria out of your lungs and airways.



EAT A BALANCED DIET

Nourishing your body with immune-boosting foods is essential. Include plenty of fruits and vegetables rich in vitamins C and D, such as oranges, spinach, and sweet potatoes. Probiotics found in yogurt and fermented foods can also promote gut health, which is closely linked to a stronger immune system.

STAY HYDRATED



Drinking enough water helps flush out toxins from your body and keeps your immune system functioning properly. Aim for at least 1/2 your bodyweight in ounces of water a day, and consider herbal teas or warm broths for a comforting way to stay hydrated as the weather cools down.



MANAGE STRESS

Chronic stress can weaken your immune system, making you more susceptible to colds and the flu. Practice stress-reducing techniques like deep breathing, meditation, or even taking short breaks throughout the day to decompress.

PRACTICE GOOD HYGIENE



As flu season approaches, practicing good hygiene is more important than ever. Wash your hands frequently, avoid touching your face, and consider carrying hand sanitizer with you. These simple steps can greatly reduce the chances of spreading germs.



UPDATE YOUR VACCINES

One of the best ways to protect your immune system is by getting vaccinated. Make sure you're up to date with both your flu shot and the COVID-19 booster. These vaccines help protect against severe illness and reduce the spread of viruses on campus. Check with UCR's health services or local pharmacies for vaccination options this winter.

By prioritizing these habits, you can help strengthen your immune system and stay healthy during the changing seasons. Taking care of your body now will set you up for success throughout the winter quarter!

TOP 5 MOVIES TO WATCH THIS HOLIDAY SEASON

1. HOME ALONE 2 (1992)



A hilarious holiday classic where Kevin McCallister takes on a pair of bumbling burglars while navigating the Big Apple. Its heartwarming mix of comedy, adventure, and festive spirit makes it the perfect movie for the holiday season.

4. CHRISTMAS WITH THE KRANKS (2004)



Christmas with the Kranks is a hilarious holiday comedy about a couple who try to skip Christmas, only to find themselves caught up in festive chaos. Its quirky humor and heartwarming message about community and tradition make it a fun holiday favorite.

2. HOW THE GRINCH STOLE CHRISTMAS (2000)



How the Grinch Stole Christmas is a timeless tale of the Grinch's transformation from a Christmas-hating villain to a heartwarming hero. Its whimsical humor and message of holiday spirit make it a perfect watch for the season.

5. THE PRINCESS SWITCH (2018)



The Princess Switch is a delightful holiday rom-com where a baker and a princess swap lives, leading to love and unexpected adventures. With its heartwarming plot and festive charm, it's an ideal watch for the holiday season.

3. THE CHRISTMAS CHRONICLES (2018)



The Christmas Chronicles follows siblings who team up with Santa Claus to save Christmas after accidentally crashing his sleigh. Packed with adventure, humor, and holiday magic, it's a perfect movie to spread Christmas cheer.



END OF YEAR



Reflections

Take a moment to reflect on this year and consider what you learned from past memories and experiences to prepare of the new year



What are you most grateful for this year?

What are you most proud of this year?



What did you learn this year?

What could you have done differently?



What are my top 3 priorities for 2025?

What will you do to achieve those goals?

