



Letter From the Director



Sweater weather has arrived and brings with it picturesque landscapes, the sound of crunching leaves under our boots, and pumpkin spice *everything!* A short, but wonderful time of year before old man winter makes his menacing return.

In this issue, we interview wellness advocate and senior leader Kathleen Byington, Senior Vice President for Finance and Administration. Colleen's Comer focuses on resiliency; the Environmental Health & Safety team teaches us how to clean *green*; the Stony Brook Medicine Nutrition Division help you grocery shop on a budget; and the Stony Brook Athletic Performance Program keeps us fit while we travel.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at bryan.weiss@stonybrook.edu. Thank you for reading our newsletter and look for our next issue in the coming months.

This holiday season remember to be thankful for not what food is on the table, but the people sitting in the chairs around it.

Bryan Weiss

Leading the Charge

Kathleen Byington

Senior Vice President for Finance and Administration



Q: What are your favorite things about fall?

A: Long walks on cool crisp days, reading in front of a warm fire, and apple cider donuts.

Q: This Thanksgiving, what will you be most thankful for?

A: Earlier this fall my family was all together to celebrate my oldest son's wedding. I am particularly grateful this year that both of my children are happy.

Q: What is your current health and fitness goal?

A: My next health and fitness goal is to log 160,000 meters during the Thanksgiving to Christmas holiday erg challenge. Look for me in the cardio area of the Campus Recreation & Wellness Center most evenings.

Q: What makes you happy at work, at home, and in life?

A: In both my work and my personal life, I value being with people who are genuine, happy, and engaged. Integrity, a sense of wholeness and rightness, is important to me. When I am integrated there is room for joy in any situation.

Q: Who has been one of your greatest influences?

A: I was born with physical differences. The doctors told my mother she had a choice to make and she chose to raise me to believe that there were no limits to what I could do. That single decision has reflected



Colleen's Corner

EAP for a Happier U

By Colleen Stanley, MFT, CEAP
Lead Coordinator
Stony Brook University Employee Assistance Program

The Resilient Workforce is Made Up of Resilient Human Beings

There is a connection between managing stress, building resilience, and well-being. When we are agile, we can navigate the intensity of changes happening in our daily lives. Resilience is the ability to effectively respond to challenges and move forward in a positive way. Research tells us that resilience is not just a trait, but rather a set of skills...and we can grow that skill set. The key to resilience is to become fit in every way possible - physically, emotionally, mentally, and spiritually. This may sound overwhelming - but we can all do it. Start with the smallest change. Make a commitment to yourself, and just begin by starting wherever you are. I made the goal to increase my physical fitness by walking 30 minutes a day. Over the past month I have been charting my progress daily. Once I put my mind to becoming healthier everyday, I found it easy to also be more consistent in my meditation practice.

10 Ways to Build Resilience*

- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Move towards your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself

People who have opportunities to enhance their overall wellness are healthier and happier, which leads to greater engagement, performance, and life satisfaction. The World Health Organization defines well-being as: "the state in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her community".

Contact the Employee Assistance Program for support and referrals to Stony Brook well-being partners and programs.

(*Credit to: The American Psychological Association, Road to Resilience brochure)

Environmental Health and Safety Focus

How to Clean Green

By Donna Amoscato
Environmental Specialist

Let's face it... no one likes cleaning. I know I don't. But, nevertheless it is inevitable. We are all familiar with the common household cleaners that have been around for decades. Pine-sol, Clorox and Windex are just a few of the brands we grew up with and still use. But, were you aware that there are several eco-friendly and green cleaning alternatives that are both safe to humans and the environment. These eco-friendly products are free of some of the harmful chemicals we commonly are exposed to in many of the household cleaning supplies we use daily? And, it's not just what's inside the bottle that counts either. Many of today's new eco-friendly product containers are made of BPA-free, biodegradable, and/or recycled environmentally sustainable packaging as well.

Safe and earth-friendly alternative cleaning supplies by companies such as Simply Green, Method, Bio-Green, Green Works and Seventh Generation are just a few options available in stores worldwide that provide eco-friendly, organic, or biodegradable formulas that are both safe to the environment and human life. Additionally, you can make your own "green" cleaning supplies out of some basic household items also. Here is a quick and easy list of homemade cleaning alternatives you can safely make and use at home:

- All Purpose Cleaner - 4 tablespoons of baking soda + 1 quart of water
 - To clean kitchen counters, appliances, and even the inside of your refrigerator
- Glass Cleaner - 2 cups of water + ½ cup white or cider vinegar + ¼ cup rubbing alcohol (70% concentration) + 1-2 drops of orange essential oil for smell
 - To clean windows, mirrors, or any glass
- Grease Cleaner - ½ cup sudsy ammonia mixed with enough water to fill a 1-gallon container
 - To remove tough grime (oven hoods, grills)
- Heavy Duty Scrub - half a lemon + ½ cup borax
 - To remove rust stains on porcelain or enamel

Happy Cleaning!

For more tips and resources, visit the Environmental Health and Safety homepage at stonybrook.edu/ehs/.

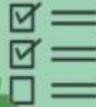
Core Nutrition

Grocery Shopping on a Budget

By Maria Rengifo
Stony Brook Nutrition Dietetic Intern

Grocery Shopping on a Budget

Create a list of what you need before you go food shopping and stick to it.



Buy frozen fruits and vegetables. They can be purchased during any season, they are cheaper and last longer.



Choose plain frozen fruit without any added sugar.

Purchase fresh fruits and vegetables during their growing season. They cost less and taste better!



When buying canned or frozen goods make sure it says "low-sodium" or "no salt added". Make sure to rinse canned foods well!

Try to purchase less meat and more beans and legumes. They will be cheaper and are a great source of protein, fiber, vitamins and minerals.

Eggs are the most affordable source of high quality protein and are great at any meal.



Generic brands are similar in quality as national brands and cost less.



Buying in bulk is usually less money.

Try to buy one or two pantry items per shopping trip. These may be expensive but they are used in small amounts and can help add extra flavor to foods. Examples include olive oil and spices.

Avoid purchasing foods that provide no nutritional value, such as sweetened beverages, candy, cookies, ice cream and potato chips.



Vegetable Egg Muffins Recipe



Keep in mind that you will be using small amounts of salt and cooking spray and won't need to purchase these items every week. You will also have leftover vegetables that can be used for another meal.

Ingredients

- Cooking spray \$1.00
- 12 eggs \$1.58
- ½ teaspoon salt
- 1 red bell pepper \$0.61 (\$2.45/lb)
- ¼ cup mushrooms, diced \$0.24 (\$0.99 each)
- ½ cup baby spinach, chopped \$0.35 (\$2.09 for 8-oz bag)

Total: \$3.78

Directions

1. Preheat oven to 350 degrees.
2. Spray a 12-cup muffin pan with non-stick cooking spray.
3. In a large mixing bowl, beat eggs. Add in remaining ingredients and mix together.
4. Scoop 1/3 cup of mixture into each muffin liner.
5. Bake for 20-25 minutes or until the center of the muffin is completely cooked.



Creating Healthy Schools and Communities

Athletic Performance

Maintaining Your Training Schedule on the Road

Finding a Gym on the Road at Minimal Cost

Walk-in rates could be costly. Most gyms charge \$20.00 for nonmembers to come in for the day. In some cases, if you travel frequently enough, a cheap monthly fee to a chain gym might save you money opposed to paying frequent walk-in rates. For those that travel to different locations around the country and visit different gyms do some research on the front end. Most gyms offer incentives to potential members such as free day passes or even weeks.

Packing Your Own Gym Equipment

It's amazing what you can do with your own body weight and minimal equipment while traveling. Below is a package of products that can fit just about anywhere and can offer you the ability to train your entire body anywhere in any location. Additionally, there is a sample workout with the equipment listed and your own body weight.

[Jungle Gym Straps](#)

[Travel Exercise Bands](#)

[Mini Exercise Bands](#)

Lower Body/Core Workout Sample

- A1) Mini Band Monster Walks: 3 sets x 8 repetitions (each leg)
- A2) Travel Band Pallof Press: 3 sets x 10 repetitions (each side)
- A3) Jungle Gym Split Squat: 3 sets x 10 repetitions
- B1) Mini Band Glute Bridge: 3 sets x 12 repetitions
- B2) Travel Band Chops: 3 sets x 8 repetitions (each arm)
- B3) Jungle Gym Hamstring Curls: 3 sets x 10 repetitions
- C1) Mini Band Squats: 3 sets x 12 repetitions
- C2) Travel Band Pallof Iso Hold: 3 sets x 30 seconds (each side)
- C3) Jungle Gym Spit Squat Jumps: 3 sets x 5 repetitions

Upper Body/Core Workout Sample

- A1) Mini Band (set on wrists) Lateral Plank Walks: 3 sets x 8 repetitions (each direction)
- A2) Travel Band Chest Flys: 3 sets x 10 repetitions
- A3) Jungle Gym Rear Delt Raise: 3 sets x 10 repetitions
- B1) Mini Band Plank Forward and Back: 3 sets x 8 repetitions (each direction)
- B3) Travel Band Face Pull+External Rotation: 3 sets x 8 repetitions (each way)
- B3) Jungle Gym Push-Ups: 3 sets x 10 reps
- C1) Mini Band Plank Iso Hold: 3 sets x 30 seconds (constant tension)
- C2) Travel Band Internal Rotation: 3 sets x 12 repetitions
- C3) Jungle Gym Rows: 3 sets x 10 repetitions

Programs & Events

Wolf Ride Bike Share Program - Free Employee Access

This fall, Healthier U is partnering with the [Office of Sustainability](#) to raise awareness of the Wolf Ride Bike Share program by offering **FREE** employee access!

The Wolf Ride Bike Share provides students, faculty, staff, and visitors with a sustainable, healthy transportation alternative. Wolf Ride is a "per ride" bicycle sharing system that provides users with the ability to travel from one University location to another using a zero-emissions form of transportation. In addition to environmental advantages, Wolf Ride also serves to limit roadway vehicular congestion and encourages health and physical exercise. All Wolf Ride bikes are durable and have front and rear mounted LED lights, which flash during use in order to increase safety and visibility.

How the partnership and program work:

1. Request a virtual gift certificate from [Healthier U](#). The gift certificate will give you unlimited 60-minute rides for 24 hours.*
2. Locate the nearest SBU Bike Share station using the attached map.
3. Swipe an active debit/credit card, enter your contact information, and agree to the [Terms and Conditions](#) at the rental kiosk. Once complete, you will be able to enter the code from your Healthier U gift certificate (this will activate your 24-hour unlimited ride period).
 - For additional rides, use the same debit/credit card that you activated the gift certificate with and the system will recognize your free 24-hour subscription, allowing additional rides during that period.
4. Return the bike to any SBU Bike Share station to complete your ride.

*The cost of unlimited 60-minute rides for 24 hours is \$4.00. For each ride over 60 minutes, there is a \$2.00 charge for up to an additional two hours of use. The Healthier U gift certificate is valued at \$10, so as long as you do not incur more than \$6.00 in additional charges, your debit/credit card will not be charged. Please see that rate information on the attached PDF for more information. There are also informational posters at each station that outline the entire rental process and rates.

For more information about the Wolf Ride Bike Share program please contact [Healthier U](#) or visit the Office of Sustainability Wolf Ride Bike Share [FAQ](#). For a beautiful and scenic six-mile trek around campus, check out the [Paul Simons Memorial Bicycle Path](#).

"Maintain Don't Gain" Healthy Holiday Challenge - Begins Monday, 11/19

Did you know that the average person gains between two and four pounds during the holiday season? While this may not seem like a lot, these "bonus" pounds can add up over time. Give yourself the gift of health this holiday season and take the **Healthier U "Maintain Don't Gain" Healthy Holiday Challenge!**

Enjoy weekly emails including holiday tips to reduce stress and stay active, healthy recipe makeovers, and 10-15 minute exercise guides; all the tools you'll need to help you maintain your weight throughout the festive holiday season as well as win some great prizes!

For more information, please visit the [program homepage](#).

Don't delay, [sign up](#) today!



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stonybrook.edu/healthieru

STAY CONNECTED:

