

WELLNESS

NEWSLETTER



In This Newsletter You Can Expect:

Blue Cross Blue
Shield Connect
Community
Articles

Monthly
Webinars

WellOnTarget
Resources

Other Wellness
Related Benefits

Healthy Aging Month, Ovarian and Prostrate Cancer Awareness Month, and Suicide Prevention

Did you Know?

Healthy eating can lead to weight loss, higher energy levels, better sleep patterns, and longevity of life.

Healthy eating can also lead to decreased chances of certain types of cancer, high blood pressure, high cholesterol, obesity, and diabetes.

Personal Challenges

Ready for a WHOLEsome Challenge? Each day, for the next two weeks, choose to eat whole foods whenever possible.

Nature Nurture: Nature exposure can improve behavioral health. Spend at least 20 minutes outdoors each day.



MOVE YOUR WAY

What types of physical activity do older adults need to stay healthy?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.
at least **150 minutes a week**

Muscle-strengthening activity
Activities that make your muscles work harder than usual count.
at least **2 days a week**

Mix in activities to improve your balance!
Aim for a mix of aerobic, muscle-strengthening, and balance activities.
Try activities that count as more than 1 activity type, like dancing, sports, or tai chi.

If that's more than you can do right now, **start slow and do what you can** — even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

Menopause Resources

[Healthy Aging with a Healthy Brain](#)

Cancer Care Resources

[Get Ahead of a Stealthy Cancer](#)

[Know the Signs, Know Your Risk](#)

[Wellness Website for East Texas A&M](#)



Blue Cross Blue Shield Connect Community Articles

[Women Can Lower Their Risk of
Cancer](#)

[Women: Make a Plan for a Long,
Healthy Life](#)

[8 Surprising Facts about Arthritis](#)



Wellness Time

Wellness time may be available with supervisor approval. The program allows up to 30 minutes, three days a week, for physical wellness activities such as walking, stretching, or other forms of exercise. This time is meant to support healthy habits, reduce stress, and give you a chance to recharge during the workday. If you are interested in using wellness time, please talk with your supervisor to see if it can be arranged within your schedule. Taking part in this program is a positive way to prioritize your health while at work.

[Wellness Release form](#)



Monthly Webinars

Code Word: BETTERME

Flourishing Through Life Transitions:

[September 5, 2025 12pm CST](#)

[September 17, 2025 2pm CST](#)

Raising Future Ready Kids 3: Empowering

Parents in a Social Media World:

[September 9, 2025 12pm CST](#)

Squirrels and Shiny Objects: Addressing

Problems with Focus and ADHD:

[September 18, 2025 10:30am CST](#)

Promoting More Helpful Self-talk:
Advanced Strategies to Address The

Core Of Your Thinking:

[September 26, 2025 11am CST](#)

Suicide Prevention Resources

Learn to Live Bulletin: September is Suicide Prevention Awareness Month

Recognizing the Signs and Finding Help

Lots of Parents Think Their Kids Are Immune



Wellness Website for East Texas A&M

Want to join the wellness listserv?

Email: wellness@etamu.edu

Have questions about benefits?

Email: HR.Benefits@etamu.edu