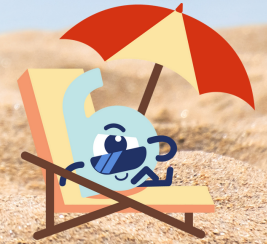


NEWSLETTER



What's on in BURNALONG

Every body is a beach body!

This month, we're zoning in on physical health. We'll dive into proper form while exercising, staying active while traveling, and properly fueling your workouts.

Are you a member yet? [Join BURNALONG for free today!](#)

Live Event: June 8

@ 11 a.m. Proper setup and good alignment are key when ensuring your movements are both effective and safe. From everyday activity to specific exercises, learn important techniques that will set you up for a successful wellness routine.

Live Event: June 14

@ 11 a.m. Even when travel breaks up your normal routine, it doesn't have to interfere with your overall health, wellness, and movement goals. Instead, look for ways to incorporate fitness into your travel plans.

Live Event: June 29

@ 11 a.m. Good nutrition can optimize your workouts and fuel your performance. We'll give you specific recommendations for what to eat before, during, and after a workout to feel great while achieving the wellness results you want!

Did you know?

Exercise is socially contagious!

It's true! MIT researchers found that simply surrounding yourself with buddies who work out can motivate you to stay active. Research says that having a plan to get those steps tackled or laps completed in the pool with a buddy is a key motivator in helping you stay active.

From [Everyday Health](#), here are seven reasons you should find an exercise partner right now:

1. You'll be even more committed to your goals.
2. You'll be less likely to get bored and quit.
3. It'll help you feel less stressed.
4. You'll push yourself to work harder.
5. It might help you to stick to your weight loss goals.
6. It's usually safer.
7. You may even live a few years longer.

It is June, and your body is absolutely a beach body! Start with your existing relationships and schedule a time to walk around the park with someone with whom you've been meaning to catch up. Find some opportunities to be social and enjoy these beautiful days before the 100-degree weather begins. Join a group or enroll in a class that does something you enjoy and engage with people. Volunteer at your local shelter or offer to take an elderly neighbor's pet for a walk. Nurture your fundamental need for connection and enjoy a socially contagious workout today.

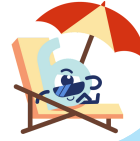
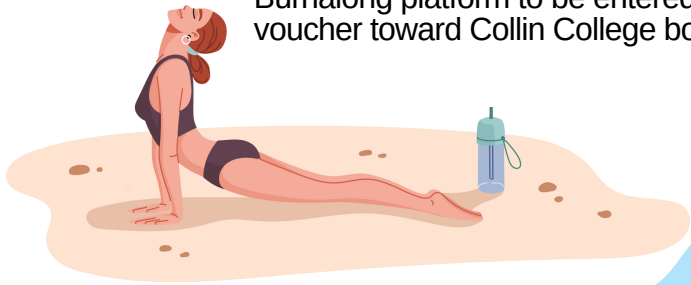
Read more at www.everydayhealth.com/fitness/reasons-you-should-find-exercise-partner-right-now

Connection Pillar



Burnalong "Shaping your Summer Wellness" Challenge

From June 10-August 10, complete 120 minutes in the Burnalong platform to be entered into a drawing to receive a \$50 voucher toward Collin College bookstores or cafés.



BODY
POSITIVE

For full-time employees.
Join Burnalong for free at

Join.burnalong.com/collincollege

For more information, read the [challenge details on our webpage](#).

Customized Burnalong Calendar June 2023

Collin College June 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness						
4	5 Mental Health ♥ Meditation 🕒 24 min	6 Chair Yoga ♥ Yoga 🕒 12 min	7 Stretch & Strenth ♥ Snack 🕒 20 min	8 Why Form Matters 11 a.m. CST	9 Strength Fit ♥ Free Weights 🕒 34 min	10 Walking ♥ Walking, cardio 🕒 34 min
11 Movement Break ♥ Stretch and restore 🕒 12 min	12 Mental Health ♥ Improvement 🕒 20 min	13 Gentle Yoga ♥ Yoga 🕒 20 min	14 Bootcamp ♥ Yoga 🕒 20 min	15 Low Impact ♥ Full Body 🕒 29 min	16 Low Impact ♥ Cardio 🕒 40 min	17 Strength ♥ Arms, strength 🕒 11 min
18 Stretch ♥ Stretch and restore 🕒 30 min	19 Mental Health ♥ Mindfulness 🕒 26 min	20 Yoga ♥ Yoga 🕒 20 min	21 Fit Camp ♥ Low Impact 🕒 29 min	22 Fit Camp ♥ Low Impact 🕒 29 min	23 Stretch & Mobility ♥ Stretch & Restore 🕒 32 min	24 Strength ♥ Strength 🕒 14 min
25 Arms ♥ Strength 🕒 16 min	26 Mental Health ♥ Breathing Meditation 🕒 8 min	27 Yoga ♥ Yoga 🕒 12 min	28 Low Impact ♥ Bodyweight 🕒 22 min	29 Core Food Groups 11 a.m. CST	30 You Sweat ♥ Cardio 🕒 35 min	

Use our customized Burnalong calendar to make your month easier. One session for every day in June!

Three Tips for Eating Healthy on the Road



Check out these three easy tips from Burnalong for eating while you travel.

Workout with a Friend!

Finding a physical activity you enjoy and having a partner will help you stick with it.

As the NBC Better by Today article states, "When it comes to fitness, there's some truth to the old adage 'strength in numbers.'"

Join a group class or start your own, talk to your friends, co-workers, neighbors, or take your dog and get moving together. A workout buddy can make all the difference.

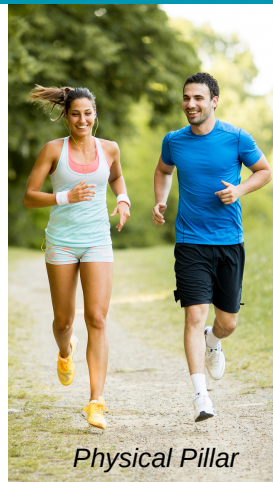
There are plenty of reasons to exercise with a friend. Tell others!

Enrichment Pillar

How to Stay Safe When You Workout in the Heat

1. Don't eat right before you head out.
2. Protect your skin!
3. Wear clothing to help your body breathe (sweat-wicking).
4. Hydrate before/during/after exercise.
5. Try more heat-friendly exercises (swimming, yoga, Zumba).
6. Switch locations or times of the day.
7. Know the difference between dry and humid heat.
8. Ease up your workout and acknowledge your limits.
9. Know the warning signs of heatstroke and heat exhaustion.
10. Listen to your body! It takes time to adapt to the heat.

npr.org/sections/health-shots/2021/07/19/1016989389/how-to-heat-proof-your-summer-workout



Physical Pillar

Do you have a friendship story at Collin College to share? Tell us by completing the form at <https://collin.libwizard.com/f/enrichfriendships>. Your story may appear in an upcoming Wellness Committee newsletter.

Enhance Your Sleep Quality and Social Connections

Emotional Pillar



Get Quality Sleep

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes, and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

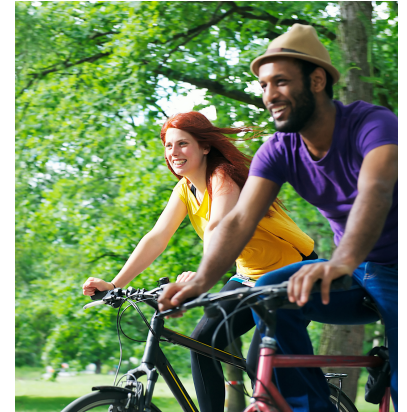
- Go to bed at the same time each night and wake up at the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Limit the use of electronics before bed.
- Relax before bedtime. Try a warm bath or reading.

Strengthen Social Connections

Social connections help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build healthy support systems:

- Build strong relationships with your kids.
- Get active and share good habits with family and friends.
- If you're a family caregiver, ask for help from others.



Summer Finances: The 50-30-20 Rule

Summer is here! For your well-being, take some time off for fun and leisure. Life is meant to be lived, and setting aside part of your budget just for fun activities is a great idea. Everyone's situation is unique, but to avoid overspending on fun, a general rule of thumb to shoot for in personal budgeting is: **50-30-20**.

- **50%** of your income is for **needs** (survival expenses like housing, transportation, utility bills, groceries, loan payments, etc.).
- **30%** of your income is for nonessential **discretionary** spending (dining out, entertainment, hobbies, gifts, streaming subscriptions, clothes, haircuts, gym, personal services).
- **20%** of your income is for **savings** (retirement fund, emergency savings, investments).



If you already have automatic savings withdrawals, then monthly budgeting is simpler. Setting aside cash in a savings account just for fun can keep your spending more organized, prevent impulse purchases on credit cards, and keep financial stress at a minimum.

See great **Summer Budgeting Tips** in the Bernalong video series: <https://well.burnalong.com/program/195>.

Do you have a Smart Money idea to share?

Email the Financial Pillar and tell us about it!

wellnessteam@collin.edu

Financial Pillar

Free Educational Workshop Series

Presented by:
(previously AIG)



Arranged by the HR Benefits Team

Take action to achieve a more comfortable retirement. Learn more by attending a free educational webinar conducted by a knowledgeable professional on financial topics that matter to you.



Understanding Your TRS Benefits
Date: **Wednesday, June 7, 2023**
Time: **12-1 p.m.**

Future sessions include:

- June 15: Social security and your retirement
- June 26: Retirement strategies for women
- July 12: Retirement questions that may make a big difference
- July 27: A million reasons to get started

Virtual webinar via Microsoft Teams.

Register Today!

To register, use this code: **CCCPWA11AC**

[Register now](#)

Deer Oaks EAP

Employee Enhancement Newsletter

- On-Demand Seminar- Available June 20:
Keeping an Open Mind
- The Effects of Psychological Stressors in the Workplace
- Overcoming Parental Guilt
- Tips for a Sustainable Lifestyle

Supervisor Enhancement Newsletter

- Supervisor Excellence Webinar Series: Emotional Intelligence for Supervisors, July 10, 1 p.m.
- The Effects of Psychological Stressors in the Workplace
- Mentoring
- Ask Your EAP!



Focus on professional enrichment this summer!

All Collin College employees have free access to thousands of courses available through LinkedIn Learning.

Log in to CougarWeb to start learning today!



Understanding Emotions

Using Emotions

Managing Emotions

Perceiving Emotions

Learn to Navigate Emotions

Join the Wellness Committee for a workshop on how to reduce stress by effectively navigating emotions.

Emotional Intelligence

Wednesday, June 21

9-10:30 a.m.

**Frisco Campus
Conference Center**

This free workshop is open to all employees.

Register today by scanning this QR code or visiting tinyurl.com/ycy6857n



Activities and Events

Activities and events on this page are free to all Collin College faculty and staff. *Join us -- we'd love to see you there!*

Summer Yoga Classes

In person or
livestreamed
through [Burnalong](#).

CHEC
Tuesdays
12-1 p.m.
Room 135

Technical Campus
Thursdays
12-1 p.m.
Room A017

What to Bring:
Yoga mat, water,
towel, workout attire



Zumba classes at the McKinney Campus and CHEC

FREE FOR ALL EMPLOYEES

Summer Pilot Program

Wednesdays, 5 p.m.

June 14-July 12

CHEC

Room 100

Thursdays, 5 p.m.

June 1-July 13, except June 8

McKinney Campus

Dance Studio, C109

A Collin ID is required to access the dance studio

Advance registration is not needed.

Dress in workout attire and bring water.



2022-2023

Wellness Committee

- Camale Allen
- Justin Atherton
- Beth Atkins
- Meena Beri
- John Brewer
- Casey L. Carter
- Michele Culpepper
- Dulce de Castro
- Cathy Donald-Whitney
- Brandy Fair
- Lisa Forrester
- Carol Harber
- Michael Holtfreich
- Deborah Ingoldby
- Vidya Krishnaswamy
- Meredith Martin
- Joan Mendez
- Karrie Newby
- Genevieve Northup
- Daniel Patyrak
- Ron Reczek
- Shelley Sheldon
- Karen Smart
- Kate (Ekaterina) Stowe
- Ling Sun
- J.C. Terrazas
- Amy Throop
- Juli Westcott

Wylie Fitness Center

Summer H.I.I.T. Fitness Class
(High-Intensity Interval Training)

Tuesday and Thursday from 12-1 p.m.



Find in-person fitness classes across the district and learn more about the Wellness Program at www.collin.edu/hr/wellness/index.html.