



March is National Nutrition Month, and this year's theme is "Fuel for the Future." We can nourish ourselves and protect the environment by making healthier and more sustainable food choices. Access videos, tips, and more resources at www.eatright.org.



Volunteers Needed

Connect With the Community

Why not grab your favorite Collin College shirt or fleece and pour some love into our community during spring break? If you aren't quite sure where to start, check out four wonderful options below to volunteer.

Have a green thumb? Care for and cultivate a raised bed; gather your produce for the food pantry delivery; report your volunteer time and harvest poundage weekly with the **Plano Community Garden**. www.plano.gov/636/Plano-Community-Garden

Why not get out your tree trimmers and help your neighbor down the street? **Plano Code Abatement by Residents Engaged in Services**, or **CARES**, connects volunteers with residents in need of assistance with common property code violations. www.plano.gov/969/Plano-CARES

Help them tackle that multiplication table or to write the best essay of the semester. **City House** provides for, serves, and empowers children and young adults experiencing abuse, neglect or homelessness. www.cityhouse.org

At **Second Chance SPCA**, give some fur babies the attention they crave while they wait on a forever family! The group rescues dogs and cats at risk of euthanasia from municipal shelters and provides them with care until they are adopted into homes. secondchancespca.org/volunteer

Connection Pillar



Welcome Spring With a Rainbow of Nutrients

A diet that incorporates rainbow-colored fruits, vegetables, whole grains, spices, and herbs provides essential minerals and vitamins, including antioxidants. In addition, the bountiful phytochemicals that contribute to the color, taste, and smell of plants provide both physical and mental health benefits. The anti-inflammatory properties of dietary phytonutrients and antioxidants provide direct benefits in reducing anxiety and depression. Consider adding a rainbow to your diet—if you cannot eat all the rainbow colors daily, consider completing the rainbow weekly.

Here is an overview of how each food color group helps us:

- Red:** Heart healthy and supports joints
- Orange:** Great source of vitamin C and helps keep eyes healthy
- Yellow:** Good for skin and helps digestive system
- Green:** Helps entire body and strengthens immune system
- Purple:** Excellent for brains and memory

Emotional Pillar



Fun Run for Founders Day

In recognition of Founders Day, April 6, Collin is celebrating with a fun run at the Frisco, Plano, McKinney, and Wylie campuses. Grab your tennis shoes and walk, run, or stroll through the campus while viewing a few historical highlights.

More information will be available closer to the date.



Social Eating Increases Social Bonding

Researchers have discovered that people who eat with others are "more likely to feel better about themselves and have a wider social network capable of providing social and emotional support." Read more about the study here: <https://tinyurl.com/m6659sd9>.

Make time this week to have lunch with a colleague and dinner with family or friends. It's good for your health!

Read the latest on nutrition research and news: www.sciencedaily.com/news/mind_brain/nutrition.

Enrichment Pillar



Visit <http://inside.collin.edu/wellness> for more content from the Wellness Committee, including a Wellness Book Club, recipes, on-campus fitness class schedules, ERS resources, and details about upcoming wellness events.

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 Holtfrerich
- Deborah Ingoldby
- Joey King
- Vidya Krishnaswamy
- Meredith Martin

- Joan Mendez
- Karrie Newby
- Genevieve Northup
- Daniel Patyrak
- Ron Reczek
- Shelley Sheldon
- Karen Smart
- Kate (Ekaterina) Stowe
- Ling Sun
- Amy Throop
- Juli Westcott

Collin College Bracket Challenge

The NCAA Division men's basketball tournament will start after spring break, and you can join the Collin College bracket challenge! **Details about how to join this challenge will be emailed on Friday, March 3.**

The bracket will open on March 13. You must make your selections before the games begin.

If you have questions, please contact Brandy Fair (bfair@collin.edu) or Daniel Patyrak (dpatyrak@collin.edu).



Set SMART Financial Goals

Are your financial goals SMART? Whether your savings goals are short-term (like planning that special vacation) or long-term (like education, or retirement), now is the time to plant the seeds for a year of solvent and responsible spending in 2023. Start by defining specifically what you're trying to accomplish. Next, ask how your success will be measured. Then, decide your plan for following through, and ask yourself whether or not it is realistic. Finally, target a date by which your goal should be accomplished. Setting SMART goals can be a helpful framework for thinking through your financial plans and putting them into action.

Learn more about setting SMART savings goals and see examples in this brief video from Burnalong: <https://well.burnalong.com/class/24549/video>.

Financial Pillar



Specific
Measurable
Achievable
Realistic
Timely

Music is Good for the Mind and Body

Research says people who go to more concerts, theater, and dance productions are happier and healthier than people that don't. Sit back, decrease the release of stress hormones, and let your mind find some joy and a greater sense of well-being as you marvel at the talents of our fine arts students at Collin College. Visit www.collin.edu/finearts/#Events for a list of upcoming events.

Connection Pillar

Sleep is Crucial to Your Health

World Sleep Day is March 17, a time to reflect on our sleeping habits.

Three elements of good quality sleep are:

Duration: The length of sleep should be sufficient for the sleeper to be rested and alert the following day.

Continuity: Sleep periods should be seamless without fragmentation.

Depth: Sleep should be deep enough to be restorative.

The Sleep + Exercise Connection

- Walking—in combination with other types of exercise at moderate intensity, such as muscle endurance training and resistance training—can increase sleep quality.
- Good quality sleep of adequate duration, continuity, and depth can increase exercise performance and reduce the risk for injury.

Exercise and Good Sleep Hygiene

Vigorous exercise too close to bedtime may impair your ability to fall asleep or stay asleep. Schedule your exercise earlier in the day if you have insomnia.

Learn more at worldsleepday.org.

Physical Pillar

Access Burnalong This Month

March Playlist: <https://well.burnalong.com/playlist/2012>

March Calendar:
<http://inside.collin.edu/wellness/wellnesscalendar.html>

Full-Time Employees: Create your free account at join.burnalong.com/collincollege.



TEXAS BIG STAR HALF MARATHON & 5K Register Today!

The Collin College Frisco Campus will host the Texas Big Star Half Marathon and 5K on April 15 at 7 a.m. (half) and 7:15 (5K). Learn more and register at runtexasbigstar.com. Use discount code **COLLIN10** at checkout for 10 percent off.

RSVP Today! Get Fiscally Fit

Join us for a free lunch and financial wellness workshop, "Getting Fiscally Fit," on March 21 from 11:30 a.m.-1 p.m. This free event is open to all employees. Advance registration is required. Register at <https://tinyurl.com/2p9c6rzj>.



Eat More Fruits and Vegetables

During National Nutrition Month, complete a rainbow-eating challenge by picking a color theme for each day of the week. Get as many fruits and veggies of that color as you can find, then let the whole family taste them all. Add favorites to your regular shopping list.

Tip: Keep a rainbow diary or calendar. Write down which colors you are going to eat each day over a period of a week or month and then look back and talk about favorites. Visit todayiatearainbow.com for recipes and ways to help your family eat more fruits and vegetables.

Emotional Pillar



Visit the FREE Health and Safety Fair on Friday, March 17 from 9 a.m.-2 p.m. at the McKinney Campus Conference Center.

Email HSF@collin.edu for more information.