

Well Devils Update

JANUARY 19, 2016

SUN DEVILS ARE WELL DEVILS

Kick off the New Year, with a new you! Wellness is so much more than working out. Start to think about other aspects of wellness, such as setting goals, the cessation of tobacco use on all of ASU's locations, and healthy eating.



Set New Year's Goals

Have you made your New Year's Resolutions yet? You can ask yourself the following [SMART Goal](#) questions to either create new goals, or make the ones you have already set stronger!

S – Is my goal SPECIFIC? Goals that are defined broadly and generally are less likely to be achieved.

M – Is my goal MEASURABLE? Can I track my progress? Measuring your goal will help you to stay focused and on track toward reaching a desired outcome.

A – Is my goal ADVENTAGEOUS? How will meeting this goal make my life better? Imagining how things will be better once you have met your goal will keep you motivated.

R – Is my goal REALISTIC? Can I imagine myself going through with the necessary steps I have laid out in my plan? Realistic isn't about how large scale an object it: It has to do with how much you want to obtain that goal, and what you are willing to do for it.

T – Is my goal TIME-LIMITED? Have I created a timeline? With a carefully considered timeline, you are more likely to reach your highest goals.

Take the Personal Wellness Profile

Are you eating healthy or getting enough exercise? Assess your health, learn about wellness resources and review what preventive actions you can take to achieve and maintain optimum health. Take the free, online [Personal Wellness Profile](#) today.



Fork the Smoke! Tobacco-free Challenge

Interested in quitting or already maintaining a tobacco-free lifestyle? Together, Sun Devils will make ASU a breath of fresh air. Join Fork the Smoke, ASU's Tobacco-free Challenge from January to March 2016. Challenge participants will receive tobacco cessation support, health information, stress management tips, a free t-shirt and become eligible to receive free massage, personal training, nutrition counseling and more!



Participants are encouraged to sign-up at any time and go at their own pace. To learn more and sign-up, visit eoss.asu.edu/tobaccofree/forkthesmoke.



Adopt a Healthy Eating Style

1. Eating healthy while you're in college can be tough! With these tips, you can become a healthier eater:
2. Listen to your body – Know when you are hungry! Eat until you are content, not stuffed.
3. Fit healthy eating into your lifestyle – Make it a daily behavior!
4. Balance, variety, and moderation – Balance the food groups you eat from. Don't eat the same thing every meal, every day. Eat your favorite foods in moderation!

Here are some easy, on-the-go snack suggestions from [Devil's Dish](#): Almonds and Craisins, Pita Bread Wedges and Cheese or Hummus, Yogurt and Granola, Trail Mix, a piece of fruit, Whole Grain Crackers with Cheese.



Wellness Events & Activities

- [1/19 - 3/16 Fork the Smoke! Tobacco-free Challenge](#)
- [1/20 4v4 Flag Football League Registration Deadline](#)
- [1/26 Farmers Market @ ASU Tempe](#)
- [1/26 5v5 Basketball League Registration Deadline](#)
- [1/26 Dodgeball League Registration Deadline](#)
- [1/29 Commit to be Well Program Registration Deadline](#)



Well Devils Resources

- [ASU Counseling Services](#)
- [ASU Health Services](#)
- [ASU Tobacco-free](#)
- [ASU Wellness](#)
- [Sun Devil Fitness](#)
- [Sun Devil Dining](#)

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