



**New Mexico  
Public Schools  
Insurance  
Authority**



**NMPSIA**  
*Wellness*

## **NMPSIA January 2021 Work and Well-being Newsletter**

This month's articles:

- Exercises you can do anywhere
- Signs of a fad diet
- Building Resilience
- Breathing exercises to lower your stress
- Kids exercising
- Upcoming webinars

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### **January Wellness Articles**

## **Happy New Fitness Year: Exercises You Can Do Anywhere**



The new year can be a fresh start and a great time for revisiting your health goals. With the colder weather and many of us spending more time at home, it can be a challenge to be active. This new year, try to find ways to be active, wherever you

are! Begin active improves your overall health, well-being, mood, and energy level.

[CLICK HERE](#) for tips in staying motivated and active.

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## Signs of a Fad Diet

Fad diets and pills don't work. You may lose weight quickly, but it's hard to keep it off. This causes a "yo-yo" effect that could harm your health and your confidence.

Beware! Look for these signs of a fad diet:

- Claims of fast, amazing weight loss
- Hard-to-believe testimonials
- Strict rules of avoiding certain foods
- A claim that the diet works for everyone

Talk to your doctor about safe, healthy ways to lose weight.

*Source: U.S. Department of Veterans Affairs*

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## Building resilience: How you can do it

Life throws unexpected things at everyone. This can be everyday things, like spilling coffee on your shirt before a meeting. Or it can be major things, like a scary health diagnosis or the death of a loved one.

To read more about what is resilience ..... [CLICK HERE](#).

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## Use breathing to lower stress

What do you do to relax? Many people sit down with their smartphones or in front of a TV. But these things may not actually help you destress. They could

make you even more stressed, especially if you're watching the news or social media.

To read more about how to lower your stress ..... [CLICK HERE.](#)

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## Upcoming Wellness Webinars

These webinars listed below are available  
to ALL NMPSIA Members

### **Break Through Barriers**

Keeping the goals we set can be hard, especially when life gets in the way. Learn to identify what's keeping you from achieving your goals or staying stuck at a plateau and create strategies to overcoming those barriers!

**Tues, January 12, 3:30 p.m.** ..... [REGISTER HERE](#)

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### **21 Day Calm and Strong Meditation & Exercise**

This is an incredible 21 Day Meditation + Exercise Challenge that can turn things around for you. Everyday for 21 days you'll receive a new 3 minute training video PLUS a 12 minute downloadable guided meditation + exercise MP3. Feel better, get stronger, and more stable.... in both body AND mind. Registration is now open and closes on January 25th. The program runs from January 25th-February 22nd.

[Watch Video](#)

[REGISTER HERE](#)

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## Reset Your Mind with Mindfulness

We all need a moment to regroup for this new year, so that we can be intentional in how we move forward. Never has this been more important than now. Now is the time to renew, refocus, and reset, and for this there are a few tools greater than mindfulness. Join Michelle Duval, MA, Director of the Mindful Center, and people from all across the country to learn how with this inspiring and practical workshop.

**Use Coupon Code:** nmpsiaindfulness2021

**Saturday, January 2nd, 10:00 a.m. [REGISTER HERE](#)**

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## Exercise Corner

### How much exercise kids need

Being inactive isn't good for children's health. Kids can have health problems related to being inactive, such as:

- Sleep problems
- Type 2 diabetes
- Excess weight
- High blood cholesterol

To read more about kids exercising ..... [CLICK HERE](#).

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## Other Wellness Programs

These programs listed below are available  
to NMPSIA Presbyterian Members



good measures™

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## **Personalized Nutrition support from a Registered Dietitian**

NMPSIA members covered under Presbyterian Health Plan and their covered spouses or domestic partners have access to Good Measures Nutrition Program. This is a personalized nutrition coaching program with online tools, available at no cost.

Whether you want to lose weight, feel more energetic, reduce stress, stay healthy, or better manage a health condition, Good Measures can help. To learn more or sign up, go to [nmpsia.goodmeasures.com](https://nmpsia.goodmeasures.com) or call 888-320-1776

[Watch Good Measures Video](#)

## **Health Coaching**

Set wellness goals and have one of the knowledgeable Health Coaching work with you to achieve those goals. Health Coaching is available to NMPSIA members covered under Presbyterian Medical Plan. Participants who complete at least three coaching sessions and a final survey will earn 25 points towards \$25 Amazon.com gift card available on the Presbyterian's *Wellness at Work* website. Email [nmpsia.coaching@phs.org](mailto:nmpsia.coaching@phs.org) to register or find out more.

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