

# Coffee & Chat



**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human  
Resources Management



[Register](#) for the **LAST Coffee & Chat** webinar and join us on **Wednesday, Dec. 6 at 9 a.m.**

- You don't want to miss the last Coffee & Chat!
- There will be BIG wellness giveaways and prizes.
- Grab your warm cup, tell a colleague and tune into next month's segment!



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## Happy Thanksgiving!

It's time to enjoy and spend quality time with your family and friends. We should all express gratitude, celebrate good fortune, and enjoy good food. While the food will take center stage this holiday, don't forget to bring wellness to the table. Here's some serious food for thought: it's not uncommon for many individuals to consume 3,000 to 5,000 calories around the Thanksgiving table! Be mindful of your eating and drinking—and be good to your body.



### **Stay healthy this Thanksgiving**

- **Go easy on yourself**—don't stress out about your weight loss goals. Strive for weight maintenance instead of weight loss this Thanksgiving.
- **Get a full 8 hours (or whatever your body needs)**—being well-rested can help you feel your best for the day's festivities.
- **Hydrate, and hydrate again**—drinking plenty of water is always a good idea, and can help curb your appetite.
- **Don't forget to eat (breakfast)**—having a nutritious and full breakfast can help you keep snacking and overeating under control.
- **Serving size is important**—be sure to use snack-size plates for snacks and appetizers. Grabbing large dinner plates can often put too much of those snacks in your belly before a meal.
- **Take time and enjoy your food**—this is a marathon, not a sprint. Don't rush through your meals or snacks.
- **Make your plates colorful**—remember to add some colorful greens to your plate.
- **Have your cake and eat it, too**—have the pies, cakes, cookies, etc.—savor all things in moderation!

## Thank you for participating in the Diabetes Awareness Month Events!

### Here are the winners for Week 3 ~ \$100 Gift Cards:

- Angela Robinson ~ Dept. of Public Works and Transportation
- Shauna Corbin ~ Office of Human Resources Management
- Melvin Smith ~ Department of Corrections
- Tiara Jordan ~ Office of Homeland Security

## Additional Resources

- [BurnAlong](#)
- [Omada Health](#)
- [Centers for Disease Control & Prevention](#)

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