What to look forward to in 2020

The Health United Building (HUB) will be completely open!

As part of a unique affiliation between Xavier University and TriHealth, the Health United Building (HUB) is a state-of-the-art campus facility that celebrates health and wellness as an expression of Xavier’s Jesuit Catholic educational mission and foundational value of care of the whole person (cura personalis).

The building encompasses all health-related elements of a Xavier students’ experience, including a recreational center, a comprehensive primary care clinic and a mental health center with counseling rooms, a pharmacy and wellness coordinators.

Hours of Operation
Monday through Friday: 6:00 a.m. to 10:00 p.m.
(XU student/faculty/staff card swipe access is required from 8:00 p.m. to 10:00 p.m.)
Saturday and Sunday: 6:00 a.m. to 10:00 p.m.
(XU student/faculty/staff card swipe access is required at all times.)

Health and Counseling Services
- Primary Care
- Allergy Treatment
- Therapy and Counseling
- Lab Tests
- Immunizations
- Pharmacy

Recreational Facilities
- 3 Fitness Studios (group fitness, group cycling and functional fitness)
- 4-Lane Indoor Pool
- Lower Level Weight Room
- Three-Lane Running Track
- 3 Indoor Basketball Courts
- Locker rooms and showers
- Personal Training Assessment Room
10 Tips to Help You Keep Your New Year’s Resolutions

1. **BE REALISTIC**
The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. **PLAN AHEAD**
Don’t make your resolution on New Year’s Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

3. **OUTLINE YOUR PLAN**
Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your “bad behavior” will affect your goal.

4. **MAKE A “PROS” AND “CONS” LIST**
It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. **TALK ABOUT IT**
Don’t keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year’s resolution and motivate each other.

6. **REWARD YOURSELF**
This doesn’t mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn’t contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

7. **TRACK YOUR PROGRESS**
Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. **DON’T BEAT YOURSELF UP**
Obsessing over the occasional slip won’t help you achieve your goal. Do the best you can each day, and take one day at a time.

9. **STICK TO IT**
Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won’t happen overnight, so be persistent and patient!

10. **KEEP TRYING**
If you have totally run out of steam when it comes to keeping your resolution by mid-February, don’t despair. Start over again! Recommits yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

**SMART Goals are:**

- **Specific:** Well defined, clear, and unambiguous
- **Measurable:** With specific criteria that measure your progress towards the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic, and relevant to your life purpose
- **Timely:** With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.
Christmas Shopping on a Budget

1. Make a shopping list
Write down the list of people you plan on buying gifts for. Critically consider who should be on your gift list and don’t be afraid to trim it. Start with your immediate family and close friends, and selectively add to your list from there.

2. Set a spending limit
Many people overspend on Christmas gifts by letting their emotions get the best of them. It’s easy to feel guilty when it comes to holiday spending. Do you need to spend $50 on every one of your nieces and nephews? Definitely not. Figure out the total amount of money you want to spend on presents, and divide it up among each person on your list. For example, if you decide to spend $400 on presents, that might be $150 for your spouse, $50 for your parents, and so on.

3. Pay in cash
The easiest way to not go into debt is to use cash instead of credit to buy gifts. You’ll be forced to stick to your budget. When you use a credit card, it’s way too easy to lose track of how much you’ve spent and on who. Plus, an extra $10-$15 here and there go unnoticed but add up quickly. Use the cash budget – you’ll thank yourself in January when you don’t have any Christmas debts to pay.

4. Shop by yourself
If you shop alone, you’ll likely spend less money, especially if you have friends with poor money habits. A shopping partner in crime can distract you from your plan by convincing you to buy something unplanned and unnecessary. It’s very easy for someone else to spend your money.

5. Tis the season to give, not buy
This is the season for giving, not receiving. If you find something you can’t live without, add it to your wishlist. If nobody buys it for you, pick it up on sale after Christmas for yourself.

6. Shop for sales at discount stores
To get the most out of your holiday budget check out the discount stores where you can find discounted items and great deals. Examples include:
- Kohl’s
- TJ Max
- Marshalls
- Dollar Stores
- Costco / Sam’s Club
- Big Lots

7. Don’t go crazy on the kids
How many toys can a child play with at once? You got that right – one. Try this gift-giving idea where each kid gets four presents:
- A Want
- A Need
- A Wear
- A Read

8. Wrap a lot
Instead of wrapping six pairs of socks in one box, divide them into a couple of boxes. Or if you buy someone only three pairs of socks, maybe wrap each pair individually. If you are giving a Christmas gift that has several parts to it – tools, an outfit, kitchen utensils, – wrap up each item individually. Your recipient will have more to unwrap and a fun time doing it.

9. Buy a combined gift
You can save money while still giving great gifts by giving a slightly more expensive gift to two or more people instead of buying individual gifts for every person. For example, if we purchase a Barbie Dream House for my three nieces they can all enjoy it, instead of buying a Barbie Corvette for each of them.
- For kids – video games, board games, play sets
- For couples – an experience, weekend getaway, new T.V.
- For parents – framed family photo, tickets to a show