

WINTER 2025

Wellness Guide BY HEALTH FOR ALL

HEALTHY NEW YEAR RESOLUTIONS

LIMITING ULTRA-PROCESSED FOODS THIS YEAR?

Experts Recommend Starting with These 3

RUNNY NOSE: CAUSES, TREATMENTS, AND PREVENTION

There are several causes for a runny nose.

DOES GROUP GRIEF COUNSELING WORK?

Sharing your emotions with others might make the grieving process easier.

ULTIMATE BEGINNER WALKING WORKOUT PLAN

It's free and accessible, and it can help improve your heart health and lead to stronger muscles and bones.

CLEAN-EATING MEAL PLAN ON A BUDGET

Created by a Dietitian





Limiting Ultra-Processed Foods This Year? Experts Recommend Starting With These 3

Processed Meats

Processed meats such as bacon, sausage, hot dogs, ham, and lunch meats have been strongly linked to significant health risks, including cardiovascular disease and cancer. According to Mingyang Song, ScD, of the Harvard T.H. Chan School of Public Health, these meats are among the most consistently associated with major causes of death.

Despite their protein and iron content, processed meats come with serious downsides. Bonnie Liebman, MS, from the Center for Science in the Public Interest, highlights their high sodium and saturated fat content as key contributors to health issues. A 2024 study published in *Lancet Regional Health – Americas* reinforced their connection to cardiovascular problems.

Additionally, the International Agency for Research on Cancer classifies processed meats as carcinogens, increasing cancer risk.

Healthier Alternatives:

- **Opt for baked or grilled poultry (chicken or turkey), fish, or lean red meats.**
- **Replace cold-cut sandwiches with roasted chicken or tuna salad.**
- **Use processed meats sparingly for flavor, such as bacon crumbles on salads or baked potatoes.**

Sugar-Sweetened Beverages

Drinks like soda, sweet teas, energy drinks, and fruit cocktails are associated with weight gain, obesity, diabetes, heart disease, and other metabolic disorders. These beverages also contribute to tooth decay and have been identified as particularly harmful for cardiovascular health.

While diet drinks may seem like a better option, they come with their own set of health concerns due to non-caloric sweeteners, warns Sullivan.



Healthier Alternatives:

- **Water (plain or infused with fruit and herbs).**
- **Naturally flavored sparkling water.**
- **Unsweetened teas, hot or iced.**

Commercially Fried Foods

Foods like French fries, packaged chips, donuts, and fried meat or fish nuggets may be flavorful, but they're calorie-dense and nutrient-poor. Fried foods also contain potentially carcinogenic substances due to the frying process, along with high levels of fats and salt.

Healthier Alternatives:

- Roast potatoes instead of frying them.
- Choose oven-baked chips over fried varieties.
- Opt for other cooking methods like grilling, steaming, or baking to maintain flavor without the health risks.

By making small changes and choosing less processed or fried options, you can enjoy flavorful meals while reducing your risk of chronic health conditions.

RUNNY NOSE (RHINORRHEA): CAUSES, TREATMENTS, AND PREVENTION

Sometimes, a runny nose will just run its course. But other times, you may need to see a healthcare provider.



Causes of a Runny Nose

A runny nose occurs when the tissues in the nose become swollen due to inflamed blood vessels. The causes range from mild to serious and include the following:

1. Temperature Changes

Your nose filters, humidifies, and warms the air you breathe through a system involving:

- Mucosa: Moist tissue lining the nasal passages.
- Mucus: Sticky fluid that traps bacteria and viruses.
- Cilia: Tiny hairs that move mucus and trapped particles to the back of the throat.

Cold air makes the nose work harder to add moisture, often resulting in excess fluid dripping out.

2. Common Viral Infections

Viral illnesses like the common cold, flu, and respiratory syncytial virus (RSV) can cause a runny nose as your body increases mucus production to fight off germs.

3. Allergies

Allergic reactions prompt the immune system to produce more mucus to expel allergens. This process causes nasal congestion and excess mucus.

4. Sinusitis

Sinus infections occur when the sinus tissues become inflamed or swollen, blocking mucus drainage. This often results in thick, yellow, or greenish discharge.

5. COVID-19

A runny nose is one of the primary symptoms of COVID-19 as the body works to prevent the SARS-CoV-2 virus from entering.

Treatment



Treatment depends on the underlying cause, but common remedies include:

- Stay hydrated: Drink plenty of water to thin mucus for easier drainage.
- Use OTC nasal steroids: Helpful for allergy-related runny noses (check for side effects).
- Try saline rinses or mists: Flush out mucus and allergens with a Neti Pot or saline spray.
- Run a humidifier: A cool mist humidifier keeps nasal passages moist and promotes mucus drainage.

Prevention

To minimize the chances of a runny nose:

- Wash your hands frequently for at least 20 seconds.
- Avoid touching your face with unwashed hands.
- Stay away from sick individuals.
- Wear a well-fitting mask in crowded or high-risk areas.
- Stay up to date on vaccinations.
- Maintain a healthy lifestyle with a balanced diet, regular exercise, and adequate sleep.

If you experience allergy-related runny noses, avoid triggers and consider using OTC antihistamines or nasal steroid sprays to prevent symptoms.

When To Contact a Healthcare Provider

There are a few situations where you'd want to seek medical care for a runny nose, including:

- Your discharge from the nose has a bad smell.
- Only one nostril is runny.
- Your nasal discharge is a color other than clear, white, or yellowish.
- Your runny nose follows a head injury.
- You have a fever in addition to a runny nose.
- You have a sore throat or white or yellow spots on the throat or tonsils and a runny nose.
- You have symptoms that last for more than three weeks.
- Your runny nose is accompanied by blurred vision or swelling on any part of the face.

DOES GROUP GRIEF COUNSELING WORK?

Group Grief Counseling: Benefits and Insights

Grieving the loss of a loved one is a deeply personal process, and seeking help to navigate it can be challenging. Research suggests that group grief counseling may reduce symptoms of depression following a loss. These sessions, available both in-person and online, foster connections with others experiencing grief and can positively impact your mental health.

What Are Grief Support Groups?

Grief support groups provide a safe space for individuals to share their experiences of loss with others facing similar challenges. Grief manifests differently for everyone, with emotions like anger, sadness, or fear often surfacing. Physical symptoms, such as increased risk of heart attack or stroke, can also occur during periods of intense grief.

These groups follow a self-help model, as explained by Matt Lundquist, LCSW, a social worker specializing in grief therapy. Participants are encouraged to share their experiences in a judgment-free environment where support is the primary focus. Unlike traditional therapy, group grief counseling often emphasizes shared understanding over structured feedback or practical advice.



DOES GROUP GRIEF COUNSELING WORK?

Benefits of Group Grief Counseling

Grieving can be a long and isolating process. Group grief counseling aims to alleviate the emotional and physical toll of grief, offering several benefits:

1. Understanding the Grieving Process
2. Hearing others' stories can provide insight into the natural progression of grief. Witnessing others further along in their journey may offer hope and reassurance about the future.
3. Safe Emotional Expression
4. For those uncomfortable sharing feelings with family or friends, a grief support group provides a secure outlet to express emotions without fear of judgment.
5. Reinforcement of Community
6. Grief can feel isolating, but connecting with others facing similar experiences can help alleviate feelings of loneliness and foster a sense of solidarity.
7. Learning Coping Skills
8. Participants can exchange strategies and techniques for managing challenging emotions and situations, benefiting from each other's experiences and insights.



DOES GROUP GRIEF COUNSELING WORK?

HEALTH FOR ALL COUNSELING OPTIONS

Health for All offers mental and behavioral health counseling options for those who are uninsured.

1. In person counseling with a licensed mental health professional.
2. Telehealth with the Texas A&M Telehealth Institute.
3. Group counseling (check the community care webpage for schedule of any group counseling opportunities.)

(These appointments are offered to current patients. If you are a current patient, you can call and schedule an appointment for counseling. Please let the Health for All representative know if you want in-person or Telehealth sessions.



979-774-4176



How to Create a Walking Workout

Walking is an excellent workout, especially for beginners. **It's free, accessible, and offers numerous health benefits, including improved heart health, stronger muscles, and enhanced bone strength.** According to the Physical Activity Guidelines for Americans, adults should aim for at least 150 minutes (2.5 hours) of moderate-intensity aerobic activity per week, and brisk walking contributes to that goal.

Creating a Walking Workout Plan

Before starting a new exercise routine, consult your healthcare provider to ensure it's safe for you. When developing your walking plan, consider these factors:

- Your pace (slow, moderate, or brisk)
- Distance (how far you'll walk)
- Frequency (how many days per week)
- Duration (total weekly walking time)

Begin with short, manageable sessions and gradually increase your pace and frequency. For example, you could follow an eight-week walking workout plan that progressively builds intensity and duration.



Outdoor Walking Plans

Walking outdoors offers varied scenery and terrain while providing sunlight exposure, which boosts vitamin D levels. Research indicates that outdoor exercise in nature may offer additional mental health benefits compared to indoor activities.

Tips for Outdoor Walking:

- Be visible: Wear reflective gear and carry a flashlight if walking during low-light conditions.
- Bring a phone: Have a way to contact someone in case of emergency.
- Dress appropriately: Wear breathable fabrics in warm weather and dress in layers during colder months. Always stay hydrated.
- Plan your route: Choose well-lit, flat, and even paths for safety.
- Stay off roads: Use sidewalks whenever possible. If walking on roads, face oncoming traffic.



Local Walking Trails

- Lick Creek Park - Location: 13600 Rock Prairie Rd, College Station, TX 77845
Features: 515 acres, natural trails, bird-watching opportunities
- Bee Creek Park - Location: Anderson Dr., College Station, TX 77840
Features: Extensive pedestrian and bicycle trail system
- Park Hudson Trail - Location: Copperfield Dr. (between Parkmeadow & Coppercrest), Bryan, TX 77802
Features: 1.6 miles, wildflowers, tranquil atmosphere
- Research Park - Location: Texas A&M University, College Station, TX 77843
Features: Walking paths, ponds, and green spaces
- Wolf Pen Creek Park - Location: College Station, TX 77840
Features: 5-mile trail system, natural scenery

Indoor Walking Plans

Indoor walking is a great alternative during extreme weather. Options include:

- Using a treadmill at home or in the gym.
- Walking laps around indoor malls or large shopping centers.
- Following exercise videos featuring indoor walking routines.
- Walking on an indoor track or gymnasium.

What Makes Walking a Workout?

Walking strengthens your legs and core muscles, and brisk walking boosts your heart rate, benefiting heart health over time. As an aerobic exercise, walking uses oxygen to generate energy, improving circulation and lowering blood pressure. Unlike anaerobic exercises like weightlifting, aerobic exercises can be sustained for longer periods, making walking an ideal choice for cardiovascular health.



Ways to Intensify Your Walks

Once you've established a routine, you can increase the challenge by:

- Adding weight: Use a weighted vest or backpack to enhance intensity.
- Tackling hills: Choose routes with inclines or use the incline feature on a treadmill.
- Increasing speed: Alternate between brisk and regular walking. For example, walk briskly for one minute, then return to a regular pace for five minutes.
- Training for a race: Prepare for a 5K walk to keep your routine exciting.
- Incorporating resistance exercises: Take breaks to perform squats, lunges, or push-ups.
- Using walking poles: These add an upper-body workout and improve balance on uneven terrain.

Clean-Eating Meal Plan on a Budget.

Created by a Dietitian



Clean eating doesn't have to break the bank. In fact, many wholesome and nutritious foods—like oats, nut butters, and beans—are incredibly affordable. This budget-friendly healthy meal plan proves that eating well can be both delicious and economical. Simple strategies, such as preparing your own salad dressings and cooking most of your meals at home, can lead to significant savings over time, even if the initial grocery trip feels like an investment. To make things easier, we've included a shopping list and aimed to keep the total cost around \$100. The final tally came to \$112.08, excluding pantry staples like oats and olive oil.

Budget-Friendly Foods

These budget-friendly foods make healthy eating easy and delicious. Pick up some of these key ingredients to stash away in your pantry, fridge or freezer for easy meals.

- Dried or canned lentils and beans
- Canned tomatoes
- Frozen vegetables
- Bananas
- Oatmeal
- Barley
- Quinoa
- Whole-wheat spaghetti
- Whole-wheat bread
- Peanut butter
- Carrots
- Sweet potatoes and white potatoes
- Brown rice
- Eggs
- Canned tuna

QR Code for Full Meal Plan



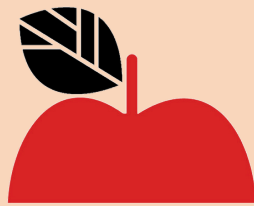
Many of the items on the healthy list are in the Health for All Food Farmacy. The Food Farmacy also has a rack of healthy recipe cards that you can take home and try.





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Get your flu shot today!



Health For All

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