

UNIVERSITY of HOUSTON

HUMAN RESOURCES

“Healthier U” Resource Archive

- [Herb Combinations and Seasonings Blends Recipes \(PDF\)](#)
- [Shopping, Cooking and Meal Planning](#)
- [American Academy of Nutrition and Dietetics](#)
- [Dietary Supplement Safety Information](#)
- [10 Minute Stretch Break](#)
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- [30 Minute Meals \(PDF\)](#)
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- [A Normal Response to an Abnormal Event \(Handout\)](#)
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- [Pre & Post Workout Nutrition](#)
- [Never Has Physical Activity Been More Important](#)
- [Overcoming Postural Issues & Exercise Form \(Handout\)](#)
- [Quick Nutrition on the Go \(Handout\)](#)
- [Outdoor Workout Tips & Tricks \(Handout\)](#)
- [Walk on the Wild Side: How to reap the benefits of the outdoors](#)
- [3 Simple Tips to Help Prevent the Top Threats to Men’s Health \(Handout\)](#)
- [Recharge Tactics: Strategies to Reset, Plug in & Perform Better \(Handout\)](#)

- [Quick Exercise Breaks \(Handout\)](#)
- [Managing Relationships During Stressful Times \(Handout\)](#)
- [Smashing Stigma and Supporting Mental Health Before, During, and After Crisis \(Handout\)](#)
- [Maximizing Grocery Store Trips & Managing Intake in a New Environment \(Handout\)](#)
- [Intro to Mindfulness - the what, why and how](#)
- [Unconventional Workout Equipment \(Handout\)](#)
- [Stress Management for Essential Staff \(Handout\)](#)
- [10 Ways to maintain your health \(and spirit!\) while working from home](#)
- [Outsmart Your Mind to Eat Better \(Handout\)](#)
- [Matters of the Heart](#)
- [Which Fitness Test is Best For Me](#)
- [Healthy Holiday Season](#)
- [Limited Equipment Workout](#)
- [The Sitting Disease](#)
- [Quick and Easy Food Prep \(Recipes\)](#)