

# LiveWell Newsletter

## Physical Wellness

To promote and support positive, safe, and sustainable habits that take care of the body for optimal health and function.

Our bodies are complex and dynamic! Each time we sit down for a meal or snack, we are providing the energy and nutrients our bodies need not only to survive, but to thrive! Calories are a unit of energy! Calories, nutrients, and water are all incredibly important to properly fuel our bodies each day. Along with impacting our physical health, food also plays an important role in our mental and emotional health, as preparing and sharing a meal with others, in a safe and socially distanced manner, can improve our sense of self and instill a sense of community.



Here's some of our favorite nutritional recipes for the fall season!

### Whole Wheat Cranberry Walnut Bread



[Click here for the full recipe!](#)

### Maple Thyme Roasted Sweet Potatoes



[Click here for the full recipe!](#)

### Improving Emotional and Physical Well-being during COVID-19



From hyper-vigilance about your health to feelings of anxiety and worry, it can be expected that you have a variety of reactions surrounding COVID-19. Learn some tips to improve your physical and emotional well-being during this unusual time.

For more information, [CLICK HERE](#)

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