



## April: Physical Health & Mental Well-being

As spring unfolds, it's an opportune time to nurture both physical health and mental well-being. We explore how regular exercise and nutritious eating habits can benefit our bodies and also play a pivotal role in maintaining a positive mindset.

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## **The Connection Between Physical and Mental Health**

Dr. Gabriela Ortiz, executive director of the UH Student Health Center, discusses the connection between physical and mental health and provides recommendations on what steps to take to improve both aspects.

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## **Quick and Easy Ways to Get Your Exercise on Campus**

Brittany Moore, assistant director of fitness programs at the Campus Recreation & Wellness Center, shares her insights on simple ways to incorporate exercise into your daily routine by using the resources provided at the Campus Recreation & Wellness Center.

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## Featured Article



### **Need to Take a Walk?**

Venturing on a mental health walk offers a refreshing break from daily routines, and it also contributes significantly to overall well-being. Take a look at the following walking paths on campus to help enhance physical activity in your daily routine.

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## Highlight



## **UH Community Mental Health Resource Fair**

Join us at the UH Community Mental Health Resource Fair as we connect current and graduating UH students, faculty and staff to mental health resources in the Greater Houston area. The event will be from noon - 3 p.m., Wednesday, May 1, at Student Center South.

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**Faculty/Staff Event**





### **Mental Health Virtual Visits**

Mental health virtual visits through Doctor On Demand® and MDLIVE® are covered at 100% if you are enrolled in HealthSelect of Texas®, HealthSelect<sup>SM</sup> Out-of-State or HealthSelect<sup>SM</sup> Secondary. Review the benefits to find out how to schedule your virtual visit.

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