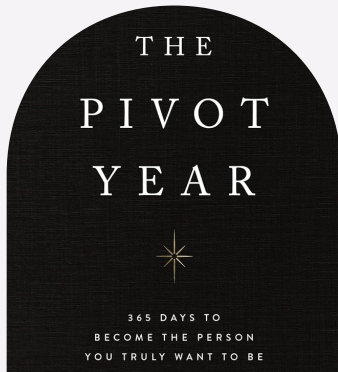


Stronger

Healthier

Happier

# SUNDAY MORNING WITH ERIN C. DECEMBER 31, 2023



## READ

### Learn More

This past year, an inspiring book that caught my eye was called "The Pivot Year." Brianna Wiest did an excellent job of guiding the challenges and transitions of young adulthood. It was a life changing lecture for me as I was embracing new challenges this past year at my first internship in Boston, MA. Recently, I took another step along my journey of becoming a certified spin instructor. Reading this book has allowed me to trust the process, believe in yourself along the way. Listening to your desires shows your full potential of being motivated to achieve success overcoming new challenges.



## EAT

### Chicken Stir Fry

As a 21-year-old college student, watching what I eat is very important to me. This recipe is quick and easy, but most importantly, healthy. The Chicken Stir-Fry.

This meal is a combination of protein, veggies, and sauce. However, to make this a healthy meal, you want to buy a low sodium soy sauce, honey, and sesame oil. Low sodium is key when trying to gather a healthy sauce. Give it a try!



## LISTEN

### The Science of Success

Coming into 2023, I was determined to have a better mindset both physically and mentally.

This podcast gave me the ability to explore ways to improve decision-making while trying to be successful in becoming the best version of myself. I was able to discover that working out clears my mindset when I am feeling stressed, and it also lets me ensure myself that I am improving my personal growth physically and mentally.

ERIN COLLINS | FRONT DESK & CHILD CARE | UNH COLLEGE STUDENT