

# Thrifty Thursdays



John Lennon once famously said that, “Life is what happens to you while you’re busy making other plans.”

And don’t forget Ferris Bueller who observed, “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

Thrifty Thursdays are a chance to integrate your life with your plans. Don’t miss them!

## Thrifty

Pronunciation: \ˈθrɪf-tē\

Function: *adjective*

Inflected Form(s): **thrift·i·er;**  
**thrift·i·est**

Date: 14th century

1 : thriving by industry and frugality : prosperous

2 : growing vigorously

3 : given to or marked by economy and good management

[www.merriam-webster.com](http://www.merriam-webster.com)

## Work Smart. Plan First.

Take a few minutes every Thursday to consider your goals:

- Financial
- Health
- Lifestyle

## Save Money

- Review your investments with a professional financial advisor from TIAA-CREF, Fidelity or ING (<http://hr.gmu.edu/benefits>)
- Check out the work/life discount page <http://mymasonhr.gmu.edu>
- Shop or post on George’s List <http://georgeslist.gmu.edu>

## Be Deliberate About Wellness

- Exercise regularly
- Take advantage of campus wellness opportunities
- Utilize your Mason benefits package to the fullest (Wellness services in your Mason health benefits plan are free; See preventive screening info at <http://hr.gmu.edu/wellnessbymason>)

## Be Social

- Share your love of reading by starting an office book club or book exchange.
- Share your love of nature by starting an office garden exchange. Swap plants and stories!



Wellness by Mason

Live Well, Age Well; No Matter Your Age

<http://wellnessbymason.gmu.edu>