Healthy UNCG

What's Happening

• 4th Annual Employee Field Day
• Power of Play
• Diabetes Nutrition Workshop
• Cooking Class
• SIP, Stand, Stretch Challenge
• Heart & Stroke Walk

contact us today

healthyuncg@uncg.edu
336-334-4131
healthy.uncg.edu
Please join us for the 4th annual UNCG Employee Field Day brought to you by HealthyUNCG, Staff Senate, and Kinesiology. Enjoy individual and team games, prizes, food, and music!

April 13, 11-1 PM

Foust Park
UNCG Campus

Visit healthy.uncg.edu to sign up!
EMPLOYEE FIELD DAY GAMES!

INDIVIDUAL
- Hula hooping
- Musical “chairs”
- Egg/Spoon Race
- Junk in the Trunk
- Cookie Face
- Corn hole
- Ladder Toss
- Fitness competition

TEAM
- Obstacle Course Relay
- Human Tic Tac Toe
- Chicken in the Hen House

CHECK OUT OUR WEBSITE FOR GAME DESCRIPTIONS!

THE POWER OF PLAY

The idea of “play” is not just for kids! Adults should be participating in playful activities as well. Take time to enjoy a fun game with your coworkers, kids, or pets so that you can take a few minutes away from the day-to-day stressors of work and life to refuel your imagination and improve your emotional well-being!

Research shows that play can:
- Relieve stress
- Improve brain function
- Stimulate the mind and boost creativity
- Improve relationships and connections to others
- Keep you feeling young and energized
**Nutrition Workshop**  
4/19/18  12:00-1:00 PM  
Eating Well with Diabetes - Nutrition Strategies for Optimal Blood Sugar Management. This class is perfect for anyone with the following: Pre-Diabetic, recent diagnosis, Type II Diabetes, caretaking for someone with diabetes, family history of diabetes, or needs a refresher on diabetes nutrition.  
Sign up HERE

**Cooking Class**  
4/9/18  5:30 PM  
Featuring traditional recipes made healthier using ingredient swaps and substitutions! Join us in our new cooking class location - Fountain View Dining in Moran Commons. Meet at the cashiers desk on the 2nd floor!  
Sign up HERE

**National Walking Day**  
4/4/18  
Grab a friend or co-worker, head outside for a 30 minute stroll or walk around campus!

**Heart & Stroke Walk**  
5/19/18  8:00AM  
Register now for the 2018 Guilford County Heart and Stroke Walk  
Create a team and sign up as a coach for your chance to win a $100 Target gift card, PLUS tickets to a 2 hour ropes course adventure at Kersey Valley  
See flyer on page 6
How the **Sip, Stand, Stretch (3S)** Challenge Has Improved UNCG Employee's Health!

76 employees registered, 49 completed all 4 weeks of challenge!

"I really liked this program and have noticed that this week, even without the form to fill out, I'm noticing how much I'm standing and stretching"

"Getting up more to walk has definitely made me feel better, mentally and physically"

"I have more energy and have less joint pain when I move around more. I am more motivated to get up and get some water to drink now that I am more conscious of how much I am drinking"

**Congratulations** to the GRAND prize winner of 3S-Jennifer Marrow!
Guilford Heart & Stroke Walk

Congratulations Men’s Basketball Spartans on the SoCon Champion win!
Heart & Stroke Walk Challenge extended in your honor!

Win a $100 Target Gift Card &
BONUS: 2 Hour Ropes Course Adventure at Kersey Valley!

This is a special contest ONLY for UNC-Greensboro employees!

Contest Dates:
Extended through April 10th
Winner will be announced via email on April 11

Ways to WIN:
1. Visit http://www2.heart.org/goto/uncg to register as a UNCG Coach and help recruit walkers for the UNCG walk team.
2. Receive an additional entry to win by personalizing your webpage
3. Receive an additional entry for every walker you recruit to your team

www.GuilfordHeartWalk.org