

HealthyUNCG

HEALTHY TEAM, HEALTHY U

FALL 2017 NEWSLETTER

What's Going On

WE NEED YOUR HELP!

Is **HealthyUNCG** meeting your needs? See page 2 for more information.

NUTRITION WORKSHOPS

This Fall **HealthyUNCG** is offering one on one nutrition consultations with a Registered Dietitian and offering fun and interactive nutrition workshops on campus

HEALTH HAPPENS HERE

We offer a variety of ways to be healthy and active with little to no cost to you! See page 3 for more information



HealthyUNCG is UNCG's wellness program exclusively for UNCG employees. Our mission is to provide UNCG employees with information, programs and services that help to promote a healthier lifestyle and a better quality of life. **HealthyUNCG** offers a wide variety of wellness opportunities such as group fitness, health coaching, health risk assessment and consultation, nutrition counseling, fitness lending library, video tutorials, special programming and more!



Help Us Help U! Creating a Wellness Initiative that Works for U

Is UNCG meeting your wellness needs and expectations? What activities, resources or information would help you to achieve your wellness related goals? Do you feel supported in your current efforts?

HealthyUNCG wants to hear from you! **HealthyUNCG** will be holding a series of 4 focus groups this fall. Lunch will be provided provided to focus group members.

Never heard of **HealthyUNCG**? Maybe you have heard of **HealthyUNCG** but never participated in a program or event? No problem. Focus groups will be open to both participants and non-participants.

Focus Group Times

Sept 26, 1-2pm

Sept 28, 1-2pm

Oct 6, 12-1pm

Oct 11, 12-1pm

Interested?



Contact HealthyUNCG to register
Healthy_UNCG@uncg.edu
office: 336-334-4131

Did you know?

HealthyUNCG offers:

- Group Fitness
- Nutrition Assessment & Counseling
- Health Coaching
- Weight Management
- Mindfulness/Stress Management
- Fitness Lending Library
- Fitness Assessment & Prescription
- Wellness Challenges
- Customized programs and presentations for your department or staff!



Fitness

FREE Active U Group Fitness:

Employees can choose from a variety of group fitness classes including yoga, aqua, cycle, Zumba, Barre and more! Classes are offered morning through evening Monday through Friday. **NO MEMBERSHIP NEEDED.** Bring your employee ID and sign into the ActiveU Binder located at the front desk. Visit healthy.uncg.edu under fitness and physical activity tab for full schedule and location or see attachment. Click **HERE** for schedule.

Want to become a member? Kaplan Center Membership Information:

Faculty/Staff and Retiree Membership Fees

Membership Type	Month	Annual
Faculty/Staff	\$19	\$209
Faculty/Staff Additional Member	\$30.75	\$329
Retiree		\$209
Retiree Additional Member		\$329

<https://recwell.uncg.edu/member-services/fac-staff-membership/>

FREE Open Pool Hours for Employees:

Employees are now able to utilize the pool for lap swim in the new Kaplan Recreation Center pool Wednesdays 6:30–8:00am and Fridays 12:00–1:30pm. **NO MEMBERSHIP NEEDED.** Bring your employee ID and sign into the Active U Binder located at the front desk.

Fitness Lending Library:

Want to exercise but don't have the time? Can't make it to the Kaplan Recreation Center? Wish you could work out while in the office? **HealthyUNCG's FREE** Fitness Lending Library allows employees and departments to "check out" various fitness equipment to use while in the office. We even deliver and pick it up for free!

Click **HERE** for full list of equipment

Did you know **HealthyUNCG** does a employee group walk every Tuesday at 12pm? Bring a friend and meet us in front of the EUC!

Nutrition

EXCITING NEWS!

For the first time ever **HealthyUNCG** is offering One on One nutrition consultations with a registered dietitian! Registered Dietitian Cari Culp will be ONSITE to assist you individually with meeting your nutrition goals.

Are you struggling with your weight, need help managing your diabetes, high blood pressure, cholesterol, or need more help with learning how to eat healthy? Cari can assess your current intake and make practical goals that will help you become a healthier you. If you have BCBS insurance, there is no charge for the consultation and is a part of your benefit plan that we encourage to take part of as part of our commitment to employee wellness. If you are not on BCBS plan, contact our office and we will be happy to discuss your options.

To schedule an appointment, follow the calendar link here: **calendar**
A **HealthyUNCG** staff member will contact you to follow up with details and information regarding your appointment.



Cari will be on campus the following days from 9 am - 4 pm:
Sept 13th and 27th
October 11th and 25th
November 8th and 20th
December 7th and 12th

MONTHLY NUTRITION WORKSHOPS

September Topic: Foods to keep you satisfied throughout the workday

Date: September 20, 2017

Time: 12-1pm

Location: EUC Dogwood Room

Sign up **HERE**

WELLNESS HAPPENINGS

Edible Wisdom: September 6, 13, 20; 1:00 - 2:00 pm

Edible Wisdom is a 3-part series of in-person nutrition workshops designed to fuse the professional recommendations of a Registered Dietitian and the practical advice of fellow peers to gain the knowledge and skills necessary to promote healthful eating habits.

Sign up via workshops.uncg.edu

Yoga on the Lawn: September 5, 13, 18; 5:00pm, EUC Lawn

Yoga lowers stress and calms the mind while elevating mood and energizing the body. Bring a towel or yoga mat and a water bottle -- no experience necessary!

Weight Watchers @ Work

The Weight Watchers at Work program consists of a 12 week series of informative and motivational group meetings. Meeting time ranges from 45 minutes to one-hour weekly on Wednesdays in MHRA 3501 from 12:15-1:00 pm. These meetings are open to the entire UNCG community including faculty, staff and students. For more information, contact Elizabeth L'Eplattenier at 256-1091 or email ebleplat@uncg.edu.

Mindful Mondays: September 11 through December 18, including Fall Break; 12:30-1:00 pm

This 30-minute silent meditation program will be offered at the Weatherspoon Art Museum at UNCG and facilitated by UNCG faculty and staff. Mindful Monday meditation at the museum is open to the UNCG community and the public. Free parking is available behind the Weatherspoon, 500 Tate St.

No experience necessary, no special postures and no special clothes. This event is free.

Meditation will be held in the Dillard room. Website: weatherspoon.uncg.edu

Monday Play! Every Monday at 12:14- 1:00 pm; Faculty Center

No registration required

Looking for a great way to start your week?! Come join us for some improvisation and play every Monday at 12:14 (and 42 seconds) in Faculty Center.

Co-led by improv/play aficionados Sarah Dreier-Kasik and Omar H. Ali, Monday Play! is the way to kick-start your week with some free play and games.

UNCG Human Resources Workshops

UNCG Office of Human Resources offers a variety of free workshops each month for UNCG employees only. Topics include Learning American Sign Language. How to Say No, Time Management, Finance Management, and so many more. Workshops are updated monthly. See workshops.uncg.edu and click on "Human Resources" for more information.

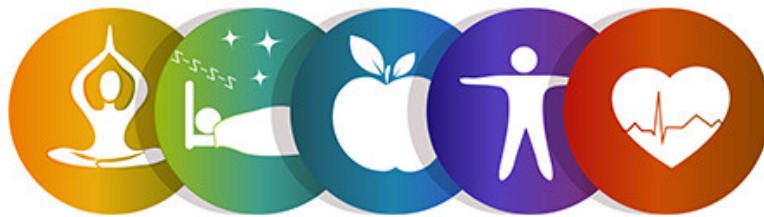
Miles For Wellness: Begins September 25th and runs through Sunday, November 19th.

It's time! Time for teams to get registered for Miles for Wellness Challenge 16: Trail of Thrills! This is a free 8-week "Move More" initiative brought to you by the NC Office of State Human Resources. Registration is taking place NOW and will continue through Monday, September 25th. More information available at MilesforWellness.nc.gov

Caught Being Healthy!

Do you know someone who walks daily? Or maybe you know someone who has recently achieved one of their health goals. Does your department or office engage in special wellness activities or challenges? HealthyUNCG wants to recognize our employees for wellness efforts both on and off campus. We realize that wellness comes in many different forms and varieties. Each month, we will be recognizing employees, offices and departments for their efforts. All employees nominated will be recognized with a certificate and mentioned in our newsletter. One lucky nominee will be chosen at random to be our Healthy Employee of the Month and receive a special prize! To nominate yourself, a co-worker or your department, email healthy_uncg@uncg.edu with the following information:

1. Name (include title and office) or Department
2. Healthy Activity & Description of Activity
3. Photo (Optional)

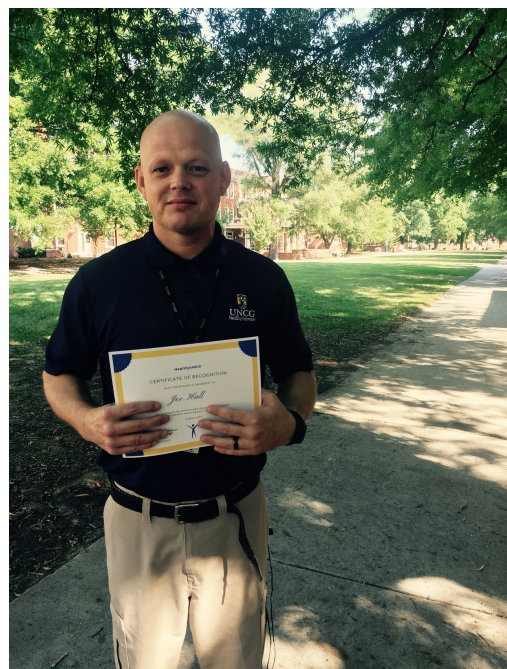


Healthy Employee of the Month - Joe Hall

Meet Joe!

Housekeeper, Coleman Building

Joe utilizes his lunch hour to walk 30 minutes around the Quad each day. These daily laps have really paid off. Joe has lost 10 pounds, as well as lowered his blood pressure and blood glucose!



Coming soon!

October is STRIVE for
a HealthierU month!

Mindfulness

Flu Clinic

Free t-shirts

personal
wellness
profile

essential
oils

Easy Snack Idea!



GIVEAWAYS!

Cooking
Class

fitness
opportunities

Cut a banana into 1 1/2-inch chunks. Spread one end of each with about 1/2 teaspoon peanut butter and dip in your favorite granola or trail mix

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