



Healthy UNCG

What's Happening

- NATIONAL NUTRITION MONTH
- EMPLOYEE APPRECIATION DAY
- WORKSHOPS/COOKING CLASS
- EMPLOYEE FIELD DAY

contact us today

healthyuncg@uncg.edu

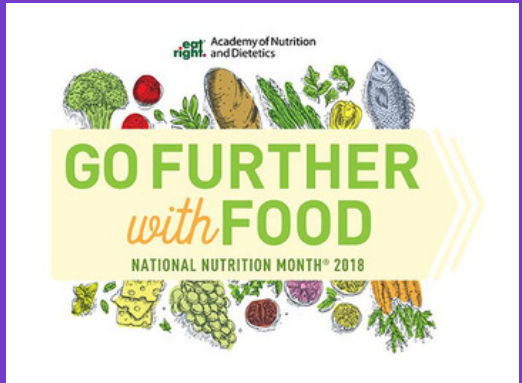
336-334-4131

healthy.uncg.edu

National Nutrition Month

Key Messages:

- Eat a variety of foods at each meal
- Consider the foods you have on hand before buying more
- Plan ways to use leftovers later in the week.
- Be mindful of portion sizes
- Be physically active most days of the week.
- A registered dietitian nutritionist (RDN) can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



Did you know you are able to see a RDN for free* on UNCG's Campus?



**Sign UP
HERE!**

*Only FREE for BCBS 80/20 plan, contact 336-790-6778 for other insurance options

Employee Appreciation Day

MARCH 2, 2018

HealthyUNCG wants to thank all employees for their hard work and dedication every single day. Without you UNCG would not be the University it is today!



Workshops/Cooking Class

Nutrition Workshop

3/9/18 1:00 PM

RD, Cari Culp, is offering a nutrition workshop for Eating Real Food for Health On-the-Go! Learn ways to avoid processed, convenience food and incorporate healthy choices into a busy lifestyle!

Sign up [HERE](#)

Health Literacy Workshop

3/6/18 11:00 AM

Where do you get your health information...Facebook? Blogs? Great Aunt Betty? Learn how to search and evaluate trustworthy health information online.

Refreshments provided!

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](#)



HHS Health and Wellness Expo

3/22/18 11:30 AM- 1:30 PM

Cone Ballroom

Fun interactive exhibits, healthy snacks, and free giveaways
Open to faculty, staff, and students

Fitness

5

BOSU BALL EXERCISES

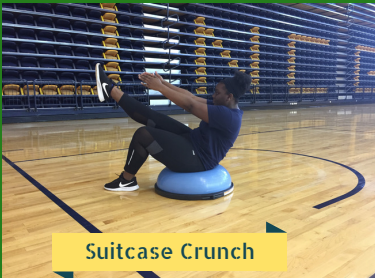
helps to improve balance and strengthen core



Forearm Plank



Push Up



Suitcase Crunch



Balance Squat



One-Legged Bridge

Fitness Assessments

Date: March 14th and 20th

Time: 9 A.M.- 2 P.M.

Location: Coleman 231

-open to any UNCG employee-

★ [Click here for an appointment](#) ★

Bosu balls available in
Fitness Lending Library

Fitness assessments include weight, body fat measurement, cardiovascular fitness, flexibility, and core strength tests. Please come dressed in appropriate clothing for functional movement



**Free UNCG
Employee Field
Day T-shirts for
the first 100
people registered!**

HealthyUNCG hosts its 4th Annual Employee Field Day!

**April 13th, 2018
11:00 am – 1:00 pm
Foust Park, UNCG**

**The event will include fun individual and team games,
awesome DJ, food truck, yummy snacks, UNCG swag,
and prizes! Join us as a spectator or competitor!**

Registration preferred but not required.

Sign up TODAY