



January 2017

# Happy Healthy New Year!



Providing UNCG employees with information, programs, and services that help to promote a healthier lifestyle and a better quality of life.

## HealthyU Weight Management Workshop begins 1/25!

HealthyU is a **FREE** 12 week weight management program for UNCG employees designed to help you lose weight and keep it off! Session topics focus on areas of nutrition, physical activity, stress management, goal setting and accountability, and group support. Participants will have access to free fitness assessment, fitness prescription and health coach. HealthyU baseline measurements will be Wednesday, January 25th and sessions will begin **Wednesday, February 1st** from 12-1pm in the EUC Dogwood Room.

To register, visit [healthy.uncg.edu](http://healthy.uncg.edu)



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## Take Charge of Diabetes Launches 2/2!

HealthyUNCG will be launching TAKE CHARGE Diabetes Education workshop this semester. Sessions are open to those diagnosed with diabetes and pre-diabetes, as well as those who serve as caregivers.

Sessions will cover topics that include: dealing with symptoms of diabetes, adequate exercise, healthy eating, appropriate use of medication, and creating weekly action plans just to name a few.

Participants will have access to free fitness assessment, fitness prescription and health coach.

### Take Charge of Diabetes

**Tuesday, February 2nd  
12-1**

**Faculty Center.**

To register, visit [healthy.uncg.edu](http://healthy.uncg.edu)

## New Fitness Options for Employees... Barre, Zumba and Open Pool Hours!

HealthyUNCG is offering three different options for staying fit in the new year:

### 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 at the front desk. Visit [healthy.uncg.edu](http://healthy.uncg.edu) for full schedule and location or see attachment.

#### ***Did you know?***

#### ***HealthyUNCG offers:***

- Group Fitness
- Health Coaching
- Diabetes Self Management
- Weight Management
- Mindfulness/Stress Management
- Fitness Lending Library
- Wellness Challenges
- Customized programs and presentations for your department or staff!

[Healthy.uncg.edu](http://Healthy.uncg.edu)

### Open Pool Hours for Employees

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

### Alignment Based Yoga Classes

Dr. Asa Eger is offering Alignment based yoga on Tuesday evenings. See attached flyer. This type of yoga blends the dynamic flow of yoga poses by mindfully linking postures using the breath with the integration of biomechanical principles of alignment. This class offers a well-rounded asana (posture) practice with a heart-centered focus. Class is open to all levels.

Tuesdays 5:30—7:00 pm

Faculty Center

Bring your own mat.

\$5 donation suggested.



### 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? Check out HealthyUNCG's new Fitness Lending Library! HealthyUNCG's 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! Visit [healthy.uncg.edu](http://healthy.uncg.edu) for items available!



## New Year's Resolutions? Let a Well-U Health Coach Keep You Accountable!

A wellness coach will help give you structure, accountability, and support to allow you to learn and grow beyond what you may be able to do alone.

A Well-U coach is a trained individual who will work with you to help you find ways to continue along a path to a healthier lifestyle. The coach looks at all areas of your life prior to helping you develop ideas for making changes. A Well-U Coach can help you identify and clarify what's important to you and will

be your partner to help you make those changes. All coaching sessions are confidential.

A wellness coach can help you:

- Identify a focus area
- Create a plan to work toward the desired changes
- Provide accountability and support as you work through your plan

All of the Well-U Coaches are trained using the Mapping 360 Health & Wellness Coaching system.

UNCG employees are eligible to receive 12 free coaching sessions.

For more on health coaching or to register for a coach visit, [healthy.uncg.edu](http://healthy.uncg.edu)

***"My coach helped me to establish meaningful goals and to work towards them. I'm healthier because of working with her. "***

## Cilantro Lime Chicken



Recipe courtesy of [allrecipes.com](http://allrecipes.com)

### Ingredients

- 1 (16 ounce) jar salsa
- 1 (1.25 ounce) package dry taco seasoning mix
- 1 lime, juiced
- 3 tablespoons chopped fresh cilantro
- 3 pounds skinless, boneless chicken breast halves

### Directions

Place the salsa, taco seasoning, lime juice, and cilantro into a slow cooker, and stir to combine. Add the chicken breasts, and stir to coat with the salsa mixture. Cover the cooker, set to High, and cook until the chicken is very tender, about 4 hours. If desired, set cooker to Low and cook 6 to 8 hours. Shred chicken with 2 forks to serve.



Office Address: 230 Coleman Building  
Mailing address: 1408 Walker Ave., Ste 437  
Greensboro, NC 27402

Phone: 336-334-4131

E-mail: [healthy\\_uncg@uncg.edu](mailto:healthy_uncg@uncg.edu)

## UNCG EMPLOYEE WELLNESS

[Healthy.uncg.edu](http://Healthy.uncg.edu)

## SAVE THE DATE!

April 5th—National Walking Day Event

April 21st—3rd Annual Employee Field Day

Details Coming Soon!



We can also come to you!  
HealthyUNCG works with  
offices and departments on  
campus to bring custom  
programs to you!  
If interested, please contact  
[healthy\\_uncg@uncg.edu](mailto:healthy_uncg@uncg.edu)

# Live. Life. Healthy



HealthyU is a **FREE** 12 week weight management program for UNCG employees **ONLY** to help you discover healthy ways to reach your goals and keep off extra weight!

Participants will receive physical activity and nutrition tips, goal setting and accountability, group support, weekly weigh-ins and blood pressure measurements.

**Wednesdays starting January 25th**

**12:00—1:00pm**

**Elliot University Center, Dogwood Room**

To register, visit [healthy.uncg.edu](http://healthy.uncg.edu) , click on “What We Offer” or call 336-334-4131

[Healthy.uncg.edu](http://Healthy.uncg.edu)



Search “HealthyUNCG”





It's My Life.

## TAKE CHARGE of Diabetes

*Are you diabetic, pre-diabetic or caretaking for someone with diabetes?*

**TAKE CHARGE** is an 8 week diabetes education workshop designed to help you self manage your diabetes. Examples of topics covered include dealing with symptoms, importance of physical activity, healthy eating and managing carbohydrate intake, appropriate use of medication, and creating weekly action plans.

*Feeling out of control does not have to be a part of **YOUR LIFE**. Join us and learn why!*

8 Weekly Sessions beginning February 2nd

12:00—1:00 pm

For more information or to register for the workshop, contact us!

healthy\_uncg@uncg.edu

336-334-4131





## CLASS SCHEDULE

REMEMBER: BRING A VALID EMPLOYEE ID AND SIGN IN AT THE FRONT DESK

### MONDAY

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	BODYPUMP*	KALEIGH	4
7:00AM-8:00AM	SUNRISE YOGA	KANISHA	2
12:15PM-12:45PM	HIIT STRENGTH	ANDREA	1
12:50PM-1:05PM	AB LAB	ANDREA	1
5:15PM-6:15PM	AQUA INTERVALS	ANDREA	P
5:30PM-6:30PM	BODYPUMP*	SARA W & GABBY	4

### WEDNESDAY

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	BODYPUMP*	SARA W	4
7:00AM-8:00AM	SUNRISE YOGA	KANISHA	2
12:15PM-1:00PM	SPIN45	LIZZY	C
5:30PM-6:30PM	BODYPUMP*	KALEIGH & GABBY	4
6:00PM-7:00PM	BARRE	JESSICA	3

### FRIDAY

TIME	CLASS	INSTRUCTOR	RM
12:00PM-1:00PM	BODYPUMP*	KALEIGH	4
5:15PM-6:15PM	SPIN60	SARAH F	C

### TUESDAY

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	BODYCOMBAT*	TAYLOR	4
7:35AM-8:05AM	CORE	TAYLOR	4
12:15PM-1:00PM	ACTIVEU	ALEXIS S	3
12:30PM-1:30PM	VINYASA YOGA	NANCY	2
5:00PM-6:00PM	DEEP WATER	LAUREN	P
5:30PM-6:30PM	ZUMBA*	KANISHA	4

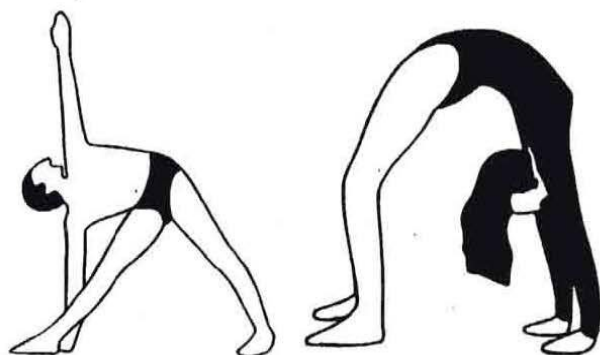
### THURSDAY

TIME	CLASS	INSTRUCTOR	RM
7:15AM-8:00AM	SPIN45	ALEXIS S	C
12:30PM-1:30PM	VINYASA YOGA	NANCY	2
5:00PM-6:00PM	DEEP WATER	LAUREN	P
5:30PM-6:30PM	ZUMBA*	KANISHA	4

#### KEY

- 1 - Studio 1    4 - Studio 4
- 2 - Studio 2    C - Cycle Studio
- 3 - Studio 3    P - Pool

# **Come do YOGA this Spring!**



**Yoga classes are alignment-based  
and are mixed level  
They are held at the Faculty Center**

**Tuesdays 5:30-7:00 pm**

**\$5 for UNCG employees/\$10 for non-UNCG**

**Please bring your own yoga mats**

\*It is best to come to class in shorts (or some other legwear that reveals the curvature of the knee like fitted yoga pants or similar) and on an empty stomach.

**For more information or questions, please contact Asa Eger ([aaeger@uncg.edu](mailto:aaeger@uncg.edu))**



