

# HealthyUNCG

HEALTHY TEAM, HEALTHY U

## NOVEMBER 2017 NEWSLETTER

### What's Going On

#### NUTRITION WORKSHOP

November Nutrition Workshop focuses on eating healthy throughout the holidays.

#### DIABETES AWARENESS MONTH

November is Diabetes Awareness Month. See what is being offered this month!

#### UNCG'S HEALTHIEST EMPLOYEES

Check out who was CAUGHT being healthy this month!



**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!



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

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

336.334.4131

# Employee Wellness Month Highlights

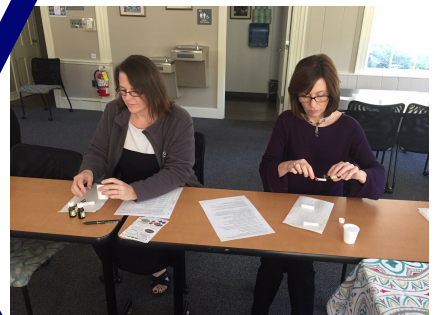


683 Flu shots given!



Group fitness

HealthyUNCG had a record number of 233 participants take the PWP this month!



Cooking classes



Essential Oils



# Nutrition

## Monthly Nutrition Workshops

How to Eat Healthy During the Holidays

Date: November 14th

Time: 12-1pm

Location: Dogwood, EUC

Sign up **HERE**

## November is Diabetes Awareness Month!

Cari Culp, RD. is offering a one-time class on diabetes nutrition. This class is perfect for anyone with pre-diabetes, recent diagnosis, type II diabetes, or those that are in need of a refresher with diabetes nutrition.



**When:** Friday Nov. 10 at 3:00pm  
OR Thursday, Nov. 30 at 10:00am

**Cost:** \$30\*

**Where:** 5509B W. Friendly Ave. Suite  
325, Greensboro, NC

***Please register for  
the class HERE***

\*Cari's office will file with Blue Cross Blue Shield; however, if the claim is denied you will be responsible for payment. Private Pay rate is \$30.

Cancellation Policy: by registering for the class and signing below you are committing and will be responsible for the \$30. If you are unable to attend we require at least a 48 hour business day notice.

# Caught Being Healthy!

## This month's nominees...

- **Kenny Crane, Security, Weatherspoon Art Gallery**

*"Kenny walks every day during his lunch hour at least 30 minutes, some days walks from Weatherspoon to Golf course and back. Lost 30lbs since March 2017 from walking and eating healthy."*

- **Jane Harris, Educational and Innovative Design Consultant, HHS & Mary Ann Sensebaugh, Dean's Office, HHS**

*"Every morning I see Mary Ann & Jane walking in Coleman for exercise. They can be caught doing this most mornings!"*

- **Katherine Nunnally, Multiformats Cataloging Technician, University Libraries**

*"Katherine is always running (training for a marathon), walking, and doing yoga. She chooses to walk and take the bus to work and the grocery store instead of taking the car."*

## Healthy Employee of the Month goes to... Jane Harris!

All nominees will receive a certificate signed by Chancellor Gilliam. One nominee, chosen at random, to be named Healthy Employee of the Month, will also receive \$10 in Spartan Cash and a feature in our next month's newsletter.



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 from Chancellor Gilliam and mentioned in our newsletter. One lucky nominee will be chosen at random to be our Healthy Employee of the Month and receive \$10 in Spartan Cash! To nominate yourself, a co-worker or your department, email [healthy\\_uncg@uncg.edu](mailto: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)

# 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](http://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!