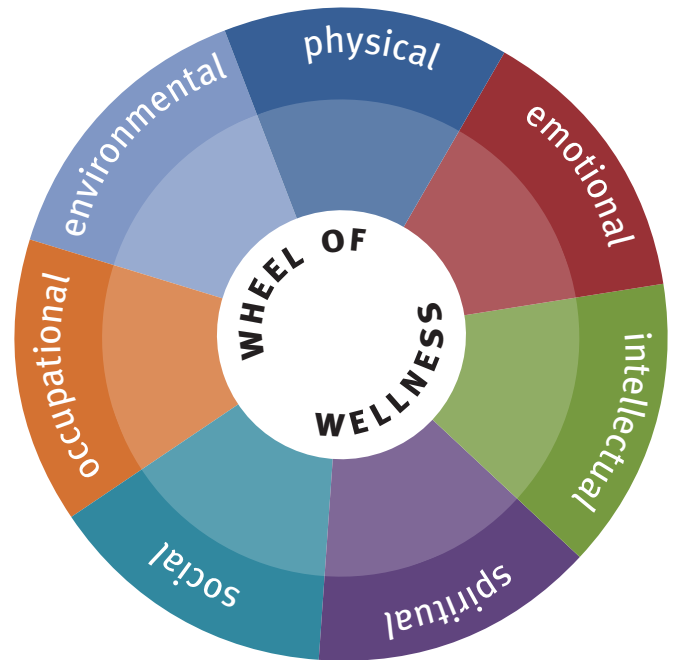


Well on our Way

www.uiowa.edu/hr/wellness/woow

Well On Our Way (WOOW) is a web-based wellness program from UI Wellness that encourages participants to achieve optimal health through multiple dimensions of wellness. At the end of each month, participants log into the WOOW portal and report the frequency of meeting their health goals to earn points. Points are spent at the Wellness Store, a collaboration between UI Wellness, the University Book Store and Recreational Services. WOOW participants receive a monthly email with new goal ideas and upcoming events.



To Register for WOOW:

- Visit www.uiowa.edu/hr/wellness/woow
- Login with your HawkID and password

The goal sheet (on opposite side) allows you to keep track your efforts on a daily basis. Here are some examples of goals:

Physical Activity goal:

- I will walk 15 minutes, 3 days a week on my lunch break.
- I will walk 9,000 steps, 6 days a week.
- I will strength train 3 times a week, for 15 minutes.

Nutrition goal:

- I will eat 4 fruits and vegetables, 5 days a week.
- I will bring my lunch to work, 4 days a week.
- I will drink 5 glasses of water, 6 days a week.

Environmental goal:

- I will post one inspiring quote each week in my office space/kitchen/bathroom.
- I will recycle all plastic that I use, 5 days a week.
- I will do office and copy machine stretches, 4 days a week.

Social Health goal:

- I will take my lunch break with a friend or co-worker, 3 days a week.
- I will volunteer 3 hours a month.

Occupational Development goal:

- I will spend 30-60 min each week on professional reading or writing.
- I will enroll in a continuing education class, once a semester

Personal Development goal (Spiritual/Intellectual):

- I will pray/meditate 10 minutes a day, 5 days a week.
- I will learn a new skill, hobby, or exercise activity.

Emotional Health Goal:

- I will write in a journal daily for 3 minutes.
- I will write a personal, positive affirmation daily.
- I will pay my significant other a compliment daily.

Other Wellness goal:

- If there are multiple goals in one area that you would like to make additional goals, this is the place to add that goal.