

YOUR WORLD YOUR HEALTH

An important and sometimes overlooked dimension of our personal health is Environmental Wellness. This fall programming from UI Wellness, such as the annual Health Fair and Green Planet WellnessTM, will promote simple, green ideas like the ones below that make a big difference in your personal health and have an impact on the space around us.



WORKFORCE GREEN

Technology is here to make our lives easier.

- Print double-sided and on recycled paper
- Send emails with attached files for review/approval rather than printing them
- Turn your computer off at the end of work

Conserve office products.

- Before recycling, reuse printed materials as notepaper
- Reuse packing materials and office supplies like paper clips, binders, and folders
- Limit single-use water bottles and opt for washable coffee mugs

Have an active commute—get some exercise and save energy.

- Consider alternative transportation (www.uiowa.edu/~commprog)

Do you have other “green” ideas to save money and/or reduce costs in your unit or workplace? Submit your money and time-saving ideas for UI SMART Award consideration and win \$100! Visit www.uiowa.edu/~cqi/smart for more information.

GREENBACKS FOR GREEN LIVING

As an investor, do you know how your investment decisions affect your Environmental Wellness? Some ways to be proactive include:

- Research the companies included in your mutual funds...browse their websites to see what they’re doing to help protect and preserve the environment
- Ask your broker about green funds—designed specifically to support companies making strides toward sustainability
- Attend Socially Conscious Investing on December 8. Register at Self-Service (<https://hris.uiowa.edu>) through Learning & Development

FALL HEALTH FAIR 2008: GREEN PLANET WELLNESSTM

November 5
 7:30 a.m. to 4:00 p.m.
 Field House Main Deck

Vendors and free screenings will be available and FREE flu vaccines are offered, as well as:

- Blood glucose/cholesterol checks
- UI Benefits Office
- Pulmonary Function Testing
- Bone Density Testing
- Body Composition Analysis
- Giveaway: Reusable Shopping Bag

NEW ONLINE WELLNESS PROGRAM

Green Planet WellnessTM gives simple, everyday examples of how to live greener and healthier. You’ll learn practices that contribute to the environment while saving money on energy consumption. And you’ll gain the personal satisfaction of doing something good for yourself and everyone around you. Register at www.uiowa.edu/hr/wellness. The program runs for 30 days from November 10 – December 7.



Content adapted from Green Planet WellnessTM program materials. Green Planet WellnessTM is a registered trademark of Health Enhancement Systems www.hesonline.com.

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 WORLD
 YOUR
 HEALTH
 Environmental Wellness
 in the workplace

THE
 ACTIVE
 OFFICE
 Get up and move in
 almost any space—no
 equipment required.

PERSONAL HEALTH
 ASSESSMENT

Want \$500 in your
 pocket this winter?
 Automatically enter a
 drawing to win when
 you take the

WE WELCOME YOU Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.

FLEXIBILITY TRAINING

WHY SNEAKING IN STRETCHING MATTERS

Aerobic activity improves our cardiovascular endurance and burns fat. Strength-training maintains lean muscle tissue. Often, we neglect the importance of flexibility training that:

- Allows greater freedom of movement and improved posture
- Increases physical and mental relaxation
- Releases muscle tension and soreness
- Reduces risk of injury

The consequences of not stretching can be significant. At The University of Iowa in 2008, 44% (N=3240) of people who took their **liveWELL** Personal Health Assessment indicated that they did not get enough exercise. Fifteen percent (N=1083) indicated that they have chronic back problems which is often due to tight and inflexible hamstring muscles.

Time constraints keep many people from stretching. Ideally, at least 30 minutes three times per week, should be spent on flexibility training. Yet just five minutes of stretching at the end of an exercise session is significant. The University has many opportunities available for you to make stretching a habit.

* Information from Personal Health Assessment data from 1/1/08 to 6/30/08 for 7,326 University of Iowa faculty and staff who took their liveWELL PHA.

RECREATIONAL SERVICES FLEXIBILITY CLASSES

Balanced Bodies and Yoga are just two classes offered through Recreational Services that target improving flexibility and promoting relaxation. For a complete listing of classes, visit www.recserv.uiowa.edu/programs/FitandWell/fitness.



Continued Support & Inspiration: CSI OCTOBER: THE ACTIVE OFFICE

Get up and moving in almost any space—no equipment required. Health Coach and Exercise Specialist Erin Litton will guide participants in stretching exercises as well as provide ideas on how to incorporate more movement into your workday to increase energy and squeeze exercise into a busy day. Please register by calling 353-2973.

Thursday, October 16
University Capitol Centre
Conference Room 2520 D

Tuesday, October 21
UIHC Atrium
Dining Rooms A&B

THE ACTIVE OFFICE SERIES

Stretching and Flexibility
November 11
University Capitol Centre
Conference Room 2520 D
12:15-12:45 p.m.

Strength Training with Bands
November 13
University Capitol Centre
Conference Room 2520 D
12:15-12:45 p.m.

Office Exercises: No Equipment Necessary
November 18
University Capitol Centre
Conference Room 2520 D
12:15-12:45 p.m.



Register for one or all of the three-part series to be held at the University Capitol Centre. Online Registration is easy through Self-Service (<https://hris.uiowa.edu>). Select the **Personal Tab** and, under **Learning and Development**, click **My Training**. Simply type in “Active Office,” and the available classes will show up.

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WINTER PREPARATION

This winter plan to take care of yourself so that you can be effective at work and at home.

- 1 GET YOUR FREE FLU VACCINE AT WORK.** The University Employee Health Clinic (UEHC) and UI Wellness will again offer free flu vaccinations to UI regular full-time and part-time (50% or greater) faculty and staff. ALL UIHC employees, regardless of percent time worked, are encouraged to obtain a free flu vaccine. A University photo identification card must be presented at the time of service in order to qualify for this free service. Visit www.uihealthcare.com/depts/employeehealthclinic for a complete schedule.
- 2 PRACTICE EXERCISING RESILIENCE BEFORE THE WINTER BLUES SET IN.** *Resilience: Navigating Change from the Inside Out* is a low-fee, high-impact seminar that is being offered on November 19 from 8:30 a.m. to 3:30 p.m. More information on speakers, topics, and fees can be found at www.uiowa.edu/~fusstfdv/seminars.
- 3 WORK ONE-ON-ONE WITH A HEALTH COACH TO FORMULATE A HOLIDAY STRESS AND WEIGHT MANAGEMENT PLAN.** If the holiday season and winter weather tend to be times of the year when your intentions of doing better are rarely fulfilled, consider solidifying a plan for success with a Health Coach. The accountability and support that a Health Coach can provide may be just the extra boost you need this year. Visit www.uiowa.edu/livewell for more information or set up an appointment to learn more by calling 353-2973.



\$500 MONTHLY DRAWING WINNERS

All individuals who have taken their Personal Health Assessment in 2008 are entered into a monthly drawing for \$500. To view past winners, go to www.uiowa.edu/livewell. To take your confidential PHA, go to Employee Self Service— <https://hris.uiowa.edu>.

AUGUST 2008
Margaret Burchianti
Academic Advising Center



“When I took my second PHA, I got a reality check that I need to put more effort into getting more vegetables, but I also got encouragement from seeing the things I had improved on like exercise.”

SEPTEMBER 2008
Kent Andersen
UIHC Safety & Security



“My first thought in taking the PHA was, ‘I get paid to do this so it’s easy money.’ Then, when my doctor told me during my yearly physical that my cholesterol and blood pressure was higher than she’d like, I began to rethink a few things. I’ve never been one to stick with major changes, so I started slow by getting a pedometer and reading labels on food. Take the PHA, learn about yourself, get healthy, and you may find some extra change in your pocket!”