

NEW U NEWSLETTER

- FALL 2021



NEW U is a wellness committee responsible for promoting health and wellness among staff and faculty. We strive to provide information, events and ideas to educate and motivate you into a healthier lifestyle.

***NEW U Offering—Biometrics Screenings for Faculty & Staff**

November 11, 10:30 to 2:30

Wisner Faculty Staff Dining Room

What's Happening....

October 23: CPR/First Aid Training

October 25: Positive Psychology Lunch & Learn

November 2: Healthy Meals Lunch & Learn

November 11: Biometrics Screenings

Nov 8 to 19: Open Enrollment

December 1—Holiday Survival Lunch & Learn

December 3: Wellness Commitment form due

Healthy Measures will be on campus to perform Biometric Testing for Faculty and Staff.

A biometric screening offers a clinical evaluation and provides some important health scores to help determine your risk for various health issues. Many of these issues could prove life threatening and can be prevented through early detection.

Faculty and Staff can [sign up here](#). There are limited spots so sign up soon.

*Eligible for a Wellness Point



Wellness Commitment December 2021—Commitment form will be active late November

The Requirements to being a Wellness Participant in 2021:

1. Complete a Health Risk Assessment through IBC.
2. Receive one dental screening/cleaning or an annual vision screening.
3. Receive one preventative service. (Annual routine exam, mammogram, colonoscopy, etc.)
4. Participate in at least 5 activities throughout the year in a wellness activity sponsored by NEW U or individual activities. These 5 activities must be in at least (2) of the following categories: Nutrition, stress management, fitness & wellness education.

Satisfy the wellness requirement by December 3, 2021 to receive the \$300 wellness credit.

Positive Psychology - Faculty Staff Lunch & Learn

The Science of Happiness –couldn't we all use more happiness in our lives?

Monday, October 25 at noon—Wismer Faculty Staff Dining Room
Come and learn new insights about happiness and how you can become a happier person and earn a wellness point!

Suggestions of Individual Activities that can earn you a wellness point!

- Walk for 30 minutes a few times a week
- Ride your bike a few times a week
- Meditate/Practice Mindfulness
- Practice Yoga a few times a week
- Participant of a WW Program
- Make healthier food choices for your diet
- Routine fitness classes such as spinning, yoga, aerobics, etc. (virtual works)
- Complete a 5K Run/Walk
- Any activity that helps your mind, body or soul done on a regular basis!

Making Heathy Meals a Priority for the Working Family

Faculty Staff Lunch & Learn

Tuesday, November 2 at noon—Bear's Den

When time is short and you are running from work to lessons, sports and school, how do you keep health food a priority? Tips on using prepared foods, crockpots/instapots, packing ahead, food safety and storage containers and enjoying your meals without the guilt.

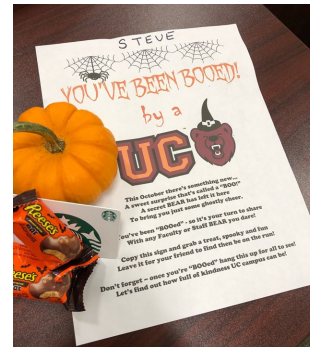
Healthy Holiday Survival Guide

Faculty Staff Lunch & Learn

December 1 at noon—Virtual

Learn proven techniques to have a joyous, food filled, family filled holiday without adding those 5-7 pounds. Learn holiday party strategies, healthy cooking tips, and valuable eating tips! Stress reducing strategies and planning tips to make the holiday season a truly joyous one will be discussed.

Have you been BOO'ed: Please pass it on if you have!



*FIRST AID/CPR/AED ADULT

AED CHILD & INFANT CLASSES:

Saturday, October 23

Saturday, November 13

Saturday, January 29

Saturday March 26

Saturday, April 9

This is the American Heart Association class with a course completion card. The card is good for 2 years.

The Cost \$80 for the class payable upon arrival to the class.

In person class and seating will be limited so register early!

Contact Ray Stitt for more details

**Earn a Wellness Point