

Summer 2023

Employee Wellness



WEBER STATE UNIVERSITY
Human Resources



Welcome to Employee Wellness

Established in 2000, Employee Wellness is a service to assist faculty and staff with achieving their wellness goals.

Over the past 23 years, Employee Wellness has grown to provide employees with access to health screenings, group exercise classes, health education classes, support groups, and financial incentive programs. Some of these services are also available to spouses covered under a WSU PEHP medical insurance plan.



Bring On The Sun

03

Group Exercise Classes Moving To Annex 29

Starting May 8, Employee Wellness Group Exercise classes (yoga/Pilates) will be provided in Annex 29 located at 3650 Taylor Ave. This change will serve as a trial run to determine if this service can be provided at this location. The option to attend via Zoom will remain in place.

Meet Our New Employee!

Tami Clark has recently joined the Employee Wellness team. As the Employee Wellness Personal Trainer and Assistant, Tami will be providing our employees and spouses with many types of fitness services. Tami earned her bachelor's degree in Human Performance management from Weber State, and has many years of group exercise and personal training experience. Her first goal is to restructure the current personal training program. Please join us in welcoming Tami!

Physician Note- Bonus Program

Employee Wellness no longer has access to fax capabilities. This means that we can not accept the Physician's Note for the Bonus Program through fax. Please request to collect this completed form from your physician and attach it to your Employee Wellness Account.



04

Semester Focus: Move More

Warm summer days provide the perfect environment to engage in daily physical activity. Daily exercise can provide many benefits for physical, mental, and emotional well-being.

- Regular exercise can improve cardiovascular health, muscular strength and balance, and reduce the risk of developing chronic illness and some cancers.
- By going for a short walk, you can reduce symptoms of depression, anxiety, and stress. During exercise, endorphins are released which can improve mood, boost self-esteem, help you to relax, and feel more engaged.
- Taking frequent movement breaks when working can reduce feelings of boredom and restlessness. Daily exercise can improve your sleep quality which can positively impact your emotional well-being.

Take this summer semester to explore ways you can "Move More" and improve many aspects of your total health. The following classes and workshops will set you on the right path.

WELLNESS IN 30

Health Presentations

Employee Wellness Account

www.wellsteps.com/wsu

Presentations are uploaded on a monthly basis to your Employee Wellness Account.

Exercise in a Pinch

May

Many of us are discouraged from exercising when we can't find an open 60-minute time slot on our daily calendar. Did you know that you can still reap the benefits of a full-hour workout in a much shorter timeframe? This month's Wellness In 30 will explore ways to exercise when time is not on your side.

Finding Motivation to Exercise

June

Starting a new exercise program or sticking with a current exercise plan can be difficult. Luckily, there are many tips and tricks to keep you motivated. This Wellness In 30 will provide guidance for determining your motivation and describe the best ways to stay engaged.

WELLNESS IN 30

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Additional Benefits of Exercise

July

We often think some of the only benefits to exercise include better physical and mental health when it actually offers so much more than that. Other health improvements include enhanced cognitive function, mobility, and lowering the risk of certain diseases. Join us for an in-depth look at what exercise can do for us in all aspects of our well-being and how we can add it to our day-to-day life.

Nutrition and Exercise

August

What should you eat before exercising? How about after a heavy exercise session? What and how much should you be drinking when moving your body? Nutrition Instructor and Athletics Dietician, Jamie Stein, will set the record straight when it comes to nutrition and exercise.

WELLNESS IN ACTION

Workshops

Register on Training Tracker #810-17

In-Person Attendance Preferred

(Zoom Upon Request)

Learn how to incorporate healthy habits into your daily routine.

Exercise At Work May

Exercising from your office can be easy. This workshop will cover cardio, strength, and stretching- all from the comfort of your chair. Participants will end the three sessions with an action plan to implement daily chair exercises. Please come dressed to move.

Willpower and Motivation June

Research is starting to show that willpower is not something that we are born with, but something we develop. Learn what it will take to increase your willpower and eventually your motivation to make lasting change.

Exercise Sampler July

What is your favorite type of exercise? This three-part sampler series will cover a variety of classes. Come see which kinds will meet your fitness needs. These classes will be tailored for beginners to advanced participants.

CHALLENGES

2-Week Challenges and Campaigns

Employee Wellness Account

www.wellsteps.com/wsuv

Join a group challenge or engage in individual growth.

Step Challenge

May 23 and August 1

Participate in a 2-Week Challenge to track your steps.

One challenge will be launched at the beginning of our Move More initiative and one at the end of the semester. Apply what you learn during this semester and see if you can increase your steps.

Move III

June 5

As a team, see how many minutes of exercise you can jointly accrue during a 7-week timeframe. Each week, you will learn different ways you can increase your daily movement.

Employee Wellness will randomly assign teams, so use this activity to engage with others across campus.

****Register on Training Tracker
#810-05 to be added to a
group challenge!****



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Healthy For Life

Cooking Demonstrations



Register on Training Tracker: #810-18

Thursdays, May 17 - July 27

In-Person Attendance

Learning how to cook meals can help you to save money, provide a creative outlet, foster socializing between friends and family, and can improve your overall health. This semester, Healthy for Life will cover basic cooking skills. During each class, you will work in a team to cook a meal and learn a new cooking technique.

Cooking Skills:

- Knife Skills
- Saute, Simmer, and Steam
- World of Spices
- Healthy Ingredient Swap
- Double-Duty Meals
- Kitchen Discovery with Kids

All participants will receive a reusable meal container that should be brought to each session.





Personal Training

Request Through Email: wellness@weber.edu

Various Days and Times

In Person Attendance

Personal Training is back! Employee Wellness will provide on-site personal training to help with your fitness needs.

Training sessions will be offered in your choice of 4 or 6-week programs. You will meet with our trainer either once or twice a week.

As we are in the process of redesigning our Personal Training program, our trainer will be experimenting with different formats and will attempt to accommodate all participant needs. You are encouraged to provide constructive feedback during and at the end of your sessions that will allow this program to flourish.

Fitness Classes

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Gym Orientations

Register on Training Tracker: #810-07,08,09 & 800-18

Tuesdays/Thursdays in June

In Person Attendance

Gym Orientations will help you to become more acquainted with the gym equipment located in the Wildcat Arena. Register for the classes that seem most pertinent to you. Classes will include cardio machines, strength machines, and flexibility and core. The final class in this series will assist you with designing your personal exercise program.

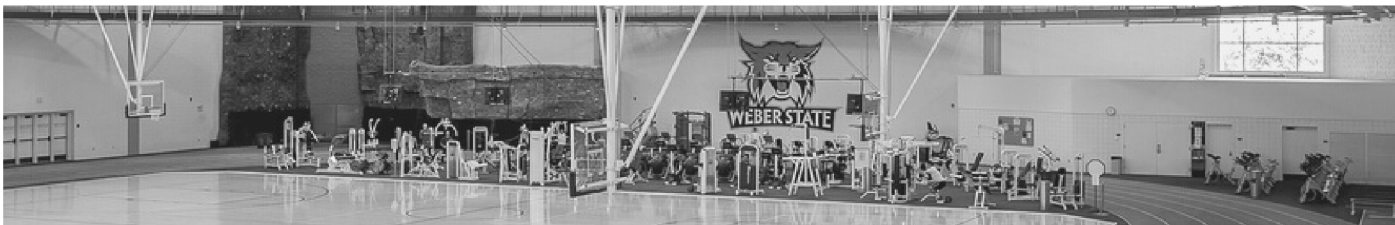
Stability Ball

Register on Training Tracker: #800-24

August 1 & 8

In Person Attendance

Have you wanted to use a stability ball during your workout but were unsure how to incorporate this piece of equipment? During this two-part class, you will learn how to get a total body workout using a stability ball. This tool can be used both in the office and at home.





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Wellness Coaching

Request Through Email: wellness@weber.edu

Various Days and Times

Hybrid Attendance

Wellness coaching can help those seeking ways to improve their overall well-being. A wellness coach provides support, guidance, and accountability as you make changes to your lifestyle.

During your session, your wellness coach will help you to identify your strengths, set realistic goals, develop an action plan, and track your progress. While the coach is here to facilitate conversation, it is ultimately the client who is responsible for taking action and making changes. Coaching can be beneficial for those who are overwhelmed or feel stuck when it comes to developing healthy behaviors.

Vendor Presentations

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Blomquist Hale

Making the Decision to Change

Register on Training Tracker: #800-40

June 28 & July 31

In-Person Attendance Only

Most of us realize that if we would improve our lifestyle, we would lose weight, gain strength, have more energy, avoid chronic diseases, and enjoy better health. This presentation focuses on how to successfully change your health-related behaviors.

PEHP Wellness

Self Motivation: What Drives You?

Register on Training Tracker: #800-45

June 7

Zoom

Taking care of ourselves physically, mentally, and emotionally is crucial. If you find yourself losing motivation or feeling exhausted, there is a way to regain the energy and momentum you need to move forward.



Wellness Pays

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Two Ways To Earn

Employee Wellness provides two financial incentive programs: Wellness Pays Rewards and Wellness Pays Bonus.

The Rewards program provides extra incentives for those participating in healthy behaviors. The Bonus program provides an incentive for meeting or improving personal health metrics.

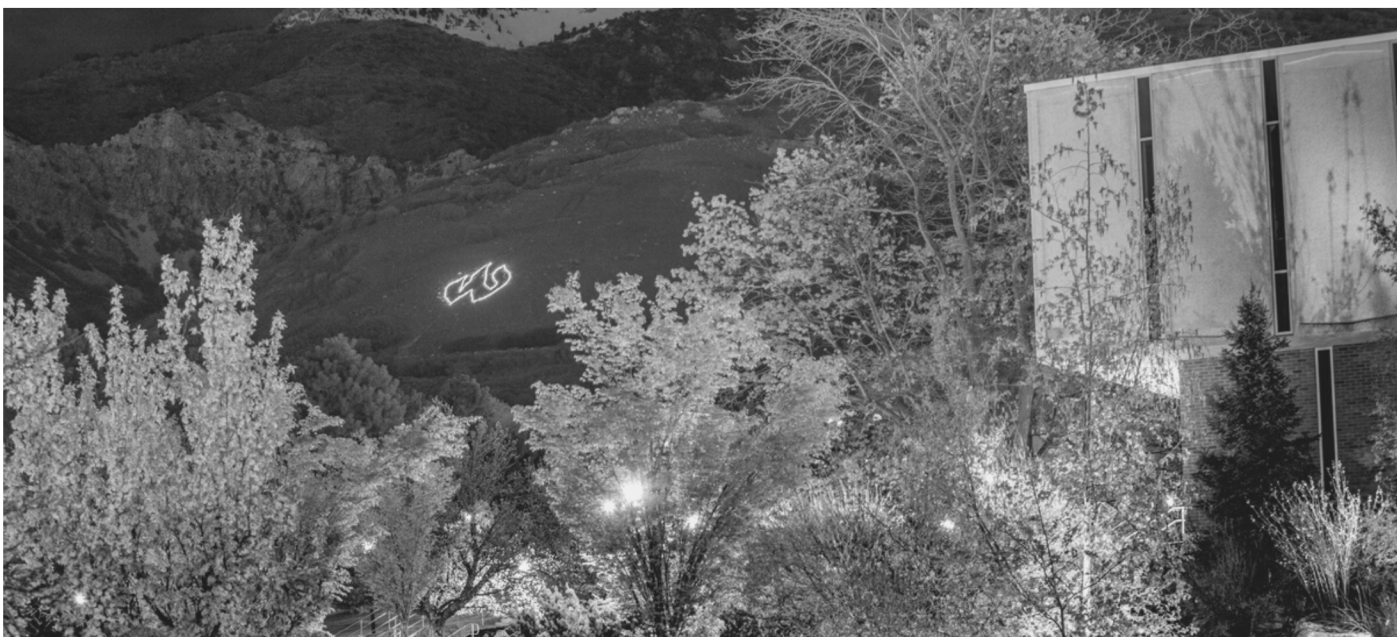
Both programs are voluntary. Learn more about Wellness Pays at <https://weber.edu/employeeewellness/wellnesspays.html>

Rewards Program

This program is available to all benefits-eligible employees and spouses.

Earn rewards points by participating in regular preventive care, being physically active, and engaging in other healthy behaviors.

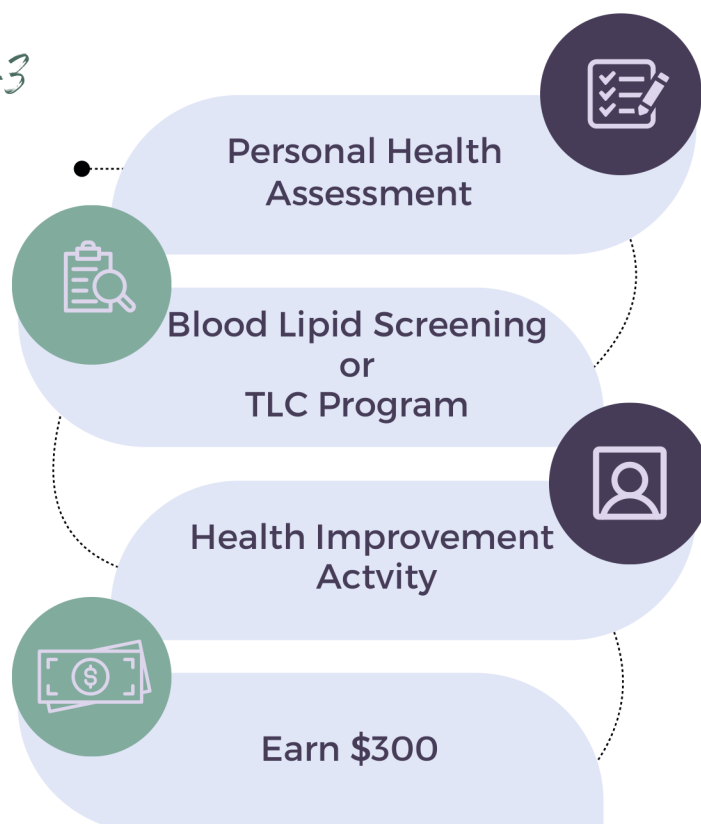
Rewards points can be cashed in for up to \$200 per calendar year. Spouses can earn various non-cash prizes.



Bonus Program

Participants covered under a WSU PEHP policy will receive a one-time \$300 bonus once they complete the following required steps. This bonus is available annually.

Easy as 1-2-3



Spouses can also complete the same procedure and receive an additional \$300 bonus annually.

EMPLOYEE WELLNESS TEAM

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Raeanna Johnson
Employee Wellness and Benefits
Manager



Katie Burrup
Employee Wellness and Benefits
Specialist



Tami Clark
Personal Trainer

New!



Sayler Schlosser
Technician





Enhancing the health and well-being of employees, spouses, and retirees through comprehensive health assessment, education and intervention strategies.



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www.weber.edu/employeeewellness

