



Weber State Employee Wellness

summer 2024

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 24 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.

Use this guide to supplement your current well-being program.



Semester Focus: Vegetables

Incorporating more vegetables into your diet is a simple yet powerful way to enhance your overall health and well-being. Vegetables are packed with essential vitamins, minerals, and antioxidants that help protect against chronic diseases, improve digestion, and boost your immune system. Whether it's vibrant bell peppers, leafy greens, or crunchy carrots, each vegetable brings its own unique set of nutrients to your plate. By making vegetables a central part of your meals, you're not only fueling your body with high-quality nourishment but also setting a foundation for long-term health.

Beyond their nutritional benefits, vegetables add a delightful array of flavors, colors, and textures to your diet. They can transform a mundane meal into a culinary adventure. Experiment with different cooking methods, such as roasting, steaming, or grilling, to discover new favorites. Try adding a variety of vegetables to your salads, stir-fries, and soups to keep your meals exciting and satisfying. Eating more vegetables doesn't have to be a chore; it can be a delicious and enjoyable journey toward better health.



Wellness In 30

Health Presentations



Employee Wellness Account

www.wellsteps.com/ws-rewards

Presentations are uploaded monthly to your Employee Wellness Account.

Vegetables 101	Ways to Increase Vegetable Intake	Enhancing the Appeal of Vegetables
June Join us this month to learn how vegetables affect your overall health. We will focus on the vitamin/mineral make up of vegetables, and how that affects heart health, digestion and cholesterol levels. We will also discuss how to determine the serving sizes of different vegetables to help you make sure you are hitting your daily goals!	July Hitting a wall when trying to increase your vegetable intake? Not sure how to prep them in a way that you'll eat them? During this Wellness in 30 we will go over tips and tricks for prepping vegetables that will help you increase our daily intake! We will go over how to incorporate them into your meals and snacks in a way that makes it easy to get your servings in.	August Don't like vegetables? Maybe your kids don't like them, and you're getting tired of that daily struggle to get our kids to eat them? This month's Wellness in 30 is all about how to increase your vegetable intake in a way that you may not see, or even taste them! You'll learn how to prepare vegetables in a way that your palette will appreciate them!

Wellness In Action

Workshops



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Online Attendance

June 25 & July 18

Learn how to incorporate healthy habits into your daily routine.

Employee Wellness 101

This class will provide an in-depth look at the Employee Wellness program. The provided information is a great introduction for new employees or those who have not participated in a few years.

The class will start with a quick overview of the Employee Wellness program, including Released Wellness Time and how to use the online platform. Next, we will cover the Rewards program, followed by an exploration of the Bonus Program.

Please be prepared for a highly interactive format, offering plenty of opportunities to ask individual questions and engage with the material. This class will run for 90 minutes.

Challenges

2-Week Challenges & Campaigns



Employee Wellness Account

www.wellsteps.com/ws-challenge

Join a group challenge or engage in individual growth.

Nutrition 101

During this 5-week campaign, learn the basics of balanced, nutritious eating and how to incorporate them into your lifestyle. This campaign will provide weekly educational messages and tips to put into action as you learn the basics of nutrition.

July 1 - August 4

2-Week Challenges

Looking for ways to improve your wellbeing? Schedule a 2-week challenge at any time. While you may choose to complete any challenge, the following will complement the semester's focus on eating more vegetables.

Choose from any of the following:

- Eat Your Vegetables
- Maintain Don't Gain
- Breakfast Boost

Cooking Demonstrations

Master Your Kitchen Skills



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

In-Person Attendance

Thursdays

Learning how to cook meals can help you save money, provide a creative outlet, foster socializing between friends and family, and improve your overall health.

Fresh vegetables are very popular during the summer and are imperative for overall health. The goal of this Summer's cooking demonstrations is to help employees with increasing their daily vegetable intake. The focus of the demonstrations will be learning how to incorporate added servings of vegetables to common breakfast, lunch/dinner and side dishes.

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

Cooking Demonstrations

Master Your Kitchen Skills



Breakfast	Lunch/Dinner	Side Dishes
June 6 July 18 Incorporating additional vegetables into common breakfast foods such as avocado toast and green smoothies.	June 13 July 25 Learn how to cook Korean rice bowls with a focus on how to incorporate vegetables into the dish. This dish could be used for either a lunch or dinner meal.	June 20 August 1 Cook three vegetable focused side dishes that are easy to pair with any main dish. 1: Honey-mustard/dill steamed carrots. 2: garlic steamed green beans. 3: Tomato, cucumber and onion salad with herb vinaigrette.

Fitness Classes

Fitness For All Abilities



Employee Wellness Account

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Core Strength: This class focuses on strengthening the muscles of the abdomen, back, and pelvis to improve overall stability and posture. Participants will enhance their core strength, balance, and flexibility in a supportive group setting. Classes will be held in a hybrid format.

-Taught by Tami Clark: Tuesdays, 9:00 - 10:00 am

Total Body Conditioning: Join us each week for a Total Body Conditioning class. Each class will work the whole body using a variety of strength training equipment. Great for beginners and those with an advanced fitness background. Classes will be held in a hybrid format.

-Taught by Tami Clark: Thursdays, 9:00 - 10:00 am

Yoga:* Due to its holistic nature, this class works as a stand-alone exercise regimen for those who are super busy or as a complement to a more diverse exercise program including other modes of activity.

-Taught by Bobbi Bowman: Mon/Wed, 12:30 pm - 1:20 pm

Pilates:* This mode of exercise is a great low-impact way to strengthen and tone muscles, improve posture and flexibility, increase circulation and cardiovascular strength, and unite body and mind. It will help you on your way to a stronger and healthier body.

-Taught by Claudette Halverson: Tues/Thurs, 1:30 pm - 2:20 pm

**A class fee applies to these classes. Participation in one format is \$25 per semester, or participation in both formats is \$45 per semester. Learn More Here:*

https://www.weber.edu/employeewellness/pilates_class.html

Personal Training

One-on-One Fitness Programing



Request On Website:

https://weber.edu/employeeewellness/personal_training.html

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 over the course of 6 weeks. 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.

Wellness Coaching

Behavior Change Made Easy



Request On Website:

https://weber.edu/employeeewellness/wellness_coaching.html

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.

Wellness Pays

Two Ways To Earn

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

The Rewards program provides extra incentives to participate 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>

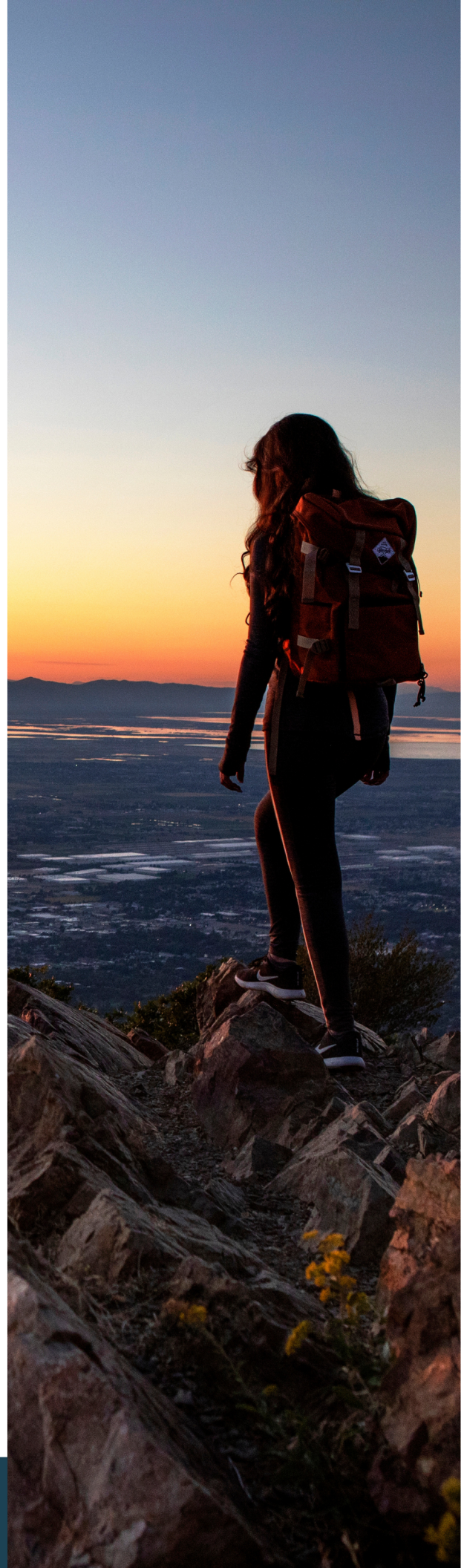


Rewards Program

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



**Personal
Health
Assessment**



**Blood Lipid
Screening
or
TLC
Program**



**Health
Improvement
Activity**



Earn \$300

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

Employee Wellness Team



Raeanna Johnson
Employee Wellness
& Benefits Manager



Saylor Schlosser
Employee Wellness
Technician



Katie Burrup
Employee Wellness
& Benefits Specialist



McKayla Argyle
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Human Resources