

*A division of
Human Resources*



Employee Wellness

Fall Semester Guide

2026

Semester Focus: Better Sleep and Midlife Health



This fall, we're focusing on Better Sleep & Midlife Health. You'll explore practical strategies for improving sleep and recovery, along with age-based health screenings, preventive exams, and ways to prepare for conversations with your healthcare provider.

The goal is simple: help you create routines today that support your health, energy, and wellbeing for years to come.

September: Sleep & Stress Cycles

Stress and sleep can create a cycle that makes it difficult to feel rested and recharged. This month focuses on understanding how stress can disrupt sleep and using simple, consistent routines to support better rest, recovery, and energy.

October: Stay Asleep

Falling asleep is only part of getting a good night's rest. This month explores strategies for reducing nighttime disruptions and strengthening the routines and rhythms that can help you stay asleep and wake feeling more refreshed.

November: Midlife Health

Health needs and recommended screenings can change as we age. This month focuses on age-based health screenings, preventive exams, and preparing for conversations with your healthcare provider to help you stay proactive about your health through midlife and beyond.



Wellness in 30 Health Presentations

Employee Wellness Account

www.wellsteps.com/ws-rewards

Presentations are uploaded monthly to your Employee Wellness Account.

September: Prepping For Sleep

Learn about practical strategies and tips to help improve your sleep quality. We'll explore techniques like relaxation exercises, mindfulness, and creating a sleep-friendly environment, all aimed at calming the mind and setting the stage for a restful night.

October: Stay Asleep

It's never fun to wake up during the night, and even worse when falling back asleep seems impossible. Come learn tips and tricks that can help prevent sleep interruptions and make the process of getting back to sleep easier and quicker.

November: Midlife Health

Learn the essential strategies for maintaining your wellness routine during the busy and often stressful holiday season. This presentation aims to equip you with a personalized holiday wellness plan and a printable guide, ensuring you can enjoy the festivities while staying on track with your health goals.



Wellness Workshops

Perfect Your Skills

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Learn how to incorporate healthy habits into your daily routine.

Employee Wellness 101

Employee Wellness 101 provides an overview of the Employee Wellness program and the resources available to benefit-eligible employees. During this one-hour class, employees will learn about wellness programs and Released Wellness Time, how to navigate the online wellness platform, and how to participate in the Rewards and Bonus programs.

September 24

Better Sleep

When was the last time you tracked your sleep? If you have in the past, what did you do with that information? During this three-part workshop, learn how to track your sleep, implement sleep training, and learn useful techniques to help you sleep better.

October 7, 14 21

Motivation and Willpower

Unlock the secrets to lasting change in our three-session wellness workshop designed to strengthen your motivation and willpower. We'll start by deconstructing the mechanics of the habit loop to understand your triggers, then explore how to leverage personal ability and social support for consistent action. Finally, you'll learn to design an environment and reward system that makes progress feel effortless and sustainable.

November 3, 10, 17

Fall Semester Resources

Increase Your Knowledge

Employee Wellness Website

www.weber.edu/employeehealth/semester-learning-path.html

Use the following resources to explore the semester topic in greater detail.

Wellness Related Books

- Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep
- The Miracle of Bio-Identical Hormones*
- Outlive: The Science and Art of Longevity*
- Quiet Your Mind and Get to Sleep
- The Sleep Revolution*
- Sleep Mastery: The Complete Guide to Overcoming Insomnia, Increasing Energy, and Maximizing Daily Focus
- The Testosterone Syndrome*
- Why We Sleep*

Vendor Presentations

- Blomquist Hale: Sleeping Tips
- Blomquist Hale: Stress Management
- Blomquist Hale: Mindfulness and Stress Reduction
- Blomquist Hale: Parenting: Sleep Hygiene vs Power Struggles
- PEHP: Sleep Food Mood Exercise
- PEHP: Healthy Aging

Wellness Related Podcast/TEDTalks

- Mel Robbins Podcast: Get Back on Track: 5 Evening Habits to Wake Up Focused, Recharged, and in Control
- Huberman Lab: Wind Down Routine
- Sleep is my Waking Passion: The Sleep Secret Every Exhausted Person Needs To Hear
- Dr Sophie: The Ultimate Guide to Better Sleep

*Available through Employee Wellness



Challenges

2-Week Challenges & Campaigns

Employee Wellness Account

www.wellsteps.com/ws-challenge

Join a group challenge or engage in individual growth.

Train Your Brain

Teach your brain to stay active and learn new skills, which can promote a more successful life.

Each week, you will be presented with different puzzles, books, and other resources to keep your mind engaged and healthy.

September 14 - October 25

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 of habits:

- Sweet Dreams
- Daily 30
- Stress Down
- Quest to 10,000
- Take Care of You
- Or make your own 2-week challenge

Daily Routines and Habits

Use this check sheet to help you fully explore this semester's topic

Fall Semester Learning Path

Increase Your KNOWLEDGE

- ☐ Wellness In 30 September- Prepping for Sleep
- ☐ Wellness In 30 October- Stay Asleep
- ☐ Wellness In 30 November- Midlife Health
- ☐ Read a Wellness-Related Book
- ☐ View a Vendor Presentation
- ☐ Listen to a Wellness-Related Podcast

Perfect Your SKILLS

- ☐ Better Sleep Workshop
- ☐ Motivation and Willpower Workshop

PRACTICE

- ☐ Complete a 2-Week Challenge
- ☐ Complete the Train Your Brain Campaign

This Semester's RESOURCES

Books

- Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep
- The Miracle of Bio-Identical Hormones
- Outlive: The Science and Art of Longevity
- Quiet Your Mind and Get to Sleep
- The Sleep Revolution
- Sleep Mastery: The Complete Guide to Overcoming Insomnia, Increasing Energy, and Maximizing Daily Focus
- The Testosterone Syndrome
- Why We Sleep

Vendor Presentations

- Blomquist Hale:
 - [Sleeping Tips](#)
 - [Stress Management](#)
 - [Mindfulness and Stress Reduction](#)
 - [Parenting: Sleep Hygiene vs Power Struggles](#)
- PEHP:
 - [Sleep Food Mood Exercise](#)
 - [Healthy Aging](#)

Podcasts

- Mel Robbins Podcast: [Get Back on Track: 5 Evening Habits to Wake Up Focused, Recharged, and in Control](#)
- Huberman Lab: [Wind Down Routine](#)
- Sleep is my Waking Passion: [The Sleep Secret Every Exhausted Person Needs To Hear](#)
- Dr Sophie: [The Ultimate Guide to Better Sleep](#)



Cooking Demonstrations

Master Your Cooking Skills

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Cooking Basics Part 2:

Build a solid foundation in the kitchen with our three-part Cooking Basics series, designed to turn beginners into confident home cooks.

Herbs and Spices

Spice up your cooking skills by learning the art of using herbs and spices to transform everyday meals into culinary delights. Join our upcoming class and discover how these simple ingredients can make a big impact on flavor and nutrition.

September 17

Marinades

Elevate your dishes by mastering the art of marinades in our upcoming cooking class. Learn how to infuse flavor and tenderness into your favorite proteins, transforming every meal into a mouthwatering experience.

October 29

Roux and Soup

Learn the secrets of creating rich, flavorful roux and soups in our upcoming cooking class. Discover how these foundational techniques can elevate your homemade dishes to restaurant-quality perfection.

November 19





Balance Breaks

Refreshing the Mind, Connecting with Others

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Step away from your screen for a social activity.

We are excited to launch Balance Break, a new monthly series designed to help you hit the pause button and prioritize your wellbeing. Each session offers a fresh way to unwind, revolving around a different theme.

Guided Relaxation

Take a break from the demands of the day with a guided relaxation session designed to help you slow down and reset. Participants will be led through simple relaxation techniques that can help ease tension, quiet the mind, and leave you feeling refreshed for the rest of your day.

September 30

Board Games

Step away from your usual routine and enjoy some low-pressure fun with coworkers. Choose from a variety of board and card games, meet someone new, or bring a colleague along for a little friendly competition and connection.

October 27

Gratitude Notes

Take a few minutes to recognize the people who make your workday a little better. Stop by to write a note of appreciation, encouragement, or thanks to a coworker. We'll provide the supplies and an easy opportunity to spread a little positivity across campus.

November 23



Coaching and Training

One-on-One Guidance

Employee Wellness Website

<https://www.weber.edu/employeehealth/coaching.html>

Personalized coaching to help you reach your goals faster.

Wellness Coaching

Wellness coaching is intended to be used as a goal-setting tool to help you adjust to your current work situation. Participants can meet with a coach to explore ways to improve in the areas of exercise, nutrition, sleep and time management. Each week you will meet with your coach online to review how your week went, if you accomplished your goal and to develop a new goal.

Nutritional Coaching

Nutritional Coaching is a six-week coaching program designed to help employees make small, sustainable dietary changes that align with MyPlate.gov guidelines. Through weekly online sessions, participants will work one-on-one with a coach to set achievable nutrition goals, track progress and adjust strategies to fit their unique work and lifestyle demands.

Personal Training

Personal training through Employee Wellness is intended to provide you with detailed instruction and hands-on practice with an exercise program. Over the next six sessions, you will meet with your trainer and execute your exercise program based on your training goals.





Fitness Classes

Fitness for All Abilities

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Core and Strength

This class combines gentle core-strengthening exercises, flexibility and mobility movements to help improve stability, posture, balance, and range of motion. Participants will work the muscles that support the spine and pelvis. Classes will be held in a hybrid format.

-Taught by Tami Clark: Wednesdays 9:00 -9:45 am (starting Sept. 16)

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: Fridays, 9:15 - 10:15 am





Fitness Classes

Fitness for All Abilities

Employee Wellness Website

www.weber.edu/employeeewellness/group-exercise-classes.html

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.

-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 participate in both formats for \$45 per semester. Learn More Here: <https://www.weber.edu/employeeewellness/group-exercise-classes.html>*

Employee Wellness Team



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