

# CHARGER FIT NEWSLETTER

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APRIL 2020



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**April is  
Autism  
Awareness  
Month**



APRIL 7<sup>TH</sup>  
**WORLD  
HEALTH  
DAY**

## APRIL IS NATIONAL AUTISM AWARENESS MONTH

Founded in 1965, the Autism Society is the nation's leading grassroots autism organization and exists to improve the lives of all affected by autism. Annually, the Autism Society and its 78 local affiliates served over 620,000 individuals impacted by autism through education, advocating for appropriate services for individuals across the lifespan, information and referral services, support, and providing community inclusion and acceptance at the national, state and local levels.

Each April, we celebrate National Autism Awareness Month (NAAM) to spread awareness, promote acceptance, and ignite change.

Visit our full website to learn more at [www.autism-society.org](http://www.autism-society.org).

## WORLD HEALTH DAY IS APRIL 7, 2020

In this [International Year of the Nurse and the Midwife](#), World Health Day 2020 will shine a light on the vital role played by nurses and midwives in providing health care around the world, and call for a strengthening of the nursing and midwifery workforce.

On April 7th, "dawn to dusk" advocacy events will be held around the world to mark World Health Day. One of the main events will be the launch of the first ever State of the World's Nursing Report 2020. The report will provide a global picture of the nursing workforce and support evidence-based planning to optimize the contributions of this workforce to improve health and wellbeing for all. The report will set the agenda for data collection, policy dialogue, research and advocacy, and investment in the health workforce for generations to come. To read more about World Health Day 2020 [click here](#).

## APRIL EVENTS

**MARCH 30 - APRIL 3**  
SPRING BREAK

**APRIL**  
NATIONAL AUTISM  
AWARENESS MONTH

**APRIL 1 - APRIL 30**  
LOOK ON THE BRIGHT SIDE  
CHALLENGE

**APRIL 7**  
WORLD HEALTH DAY

**APRIL 6 - APRIL 30**  
SOCIAL DISTANCING,  
STEPPING TOGETHER  
MOVE SPRING CHALLENGE

## LOOK ON THE BRIGHT SIDE CHALLENGE

Charger Fit would like to help everyone through the coming weeks by looking on the bright side of things. The purpose of the “*Look on the Bright Side*” challenge is to encourage you to look through a positive lens. A positive attitude can help you overcome difficult times more effectively, and can decrease your overall stress level. This can result in a happier and healthier life. Throughout this challenge, you’ll be asked to focus on maintaining a positive outlook.

The challenge begins April 1, 2020, and continues through April 30, 2020. To participate you would have to have register through the Gilsbar Wellness Center by March 31, 2020. You will receive **30 points** toward your wellness incentive by answering “**YES**” to all the daily questions. [Click here for more information.](#)



## VIRTUAL WORKOUTS

The University Fitness Center has got you covered while you can’t go to the gym. They are streaming their classes via Facebook Live, so make sure you are following their [University Fitness Center Facebook page](#). All videos will be available for access after the live stream.



## SOCIAL DISTANCING, STEPPING TOGETHER

We can still step together while we are practicing social distancing. The “Social Distancing, Stepping Together” MoveSpring challenge will begin April 10th, and is designed for us to stay healthy and connected while we are working remotely. This challenge begins April 10th, and continues through April 30th, and will allow us to virtually travel the world with the International Globe Trot journey. You will unlock fun milestones and surprise along the way.

If you already have a MoveSpring account, you have been added to the challenge already. Don’t have a MoveSpring account yet? Just [follow this link](#) to find out how you can sign up today.

## COVID-19 RESOURCES

During this time of uncertainty with the coronavirus (COVID-19) pandemic, Charger Fit remains focused on your well-being and health. The Office of Human Resources and Charger Fit wants to provide resources to help you through this tense and unpredictable time.

[UAH Campus Latest Information](#)

[The University of Alabama System COVID-19 Updates](#)

[COVID-19: Keeping Your Workplace Safe](#)

[Teladoc](#)

[Alabama Department of Public Health](#)

[Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[Employee Assistance Program - American Behavioral](#)

[Food safety, nutrition, and wellness during COVID-19](#)

