

CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

April 2019



Michael Mercier | UAH

APRIL EVENTS

BE STRONG. BE HEALTHY. BE HAPPY. HEALTH AND WELLNESS FAIR - APRIL 5, 2019

DRINK EIGHT TO HYDRATE - HYDRATION CHALLENGE APRIL 15 - MAY 13, 2019

EASTER - APRIL 21, 2019

13TH NATIONAL WALK AT LUNCH/FITNESS FRIDAY - APRIL 26, 2019



*KEEP UP -TO-DATE WITH OTHER WELLNESS EVENTS BY CHECKING OUT OUR [EVENTS PAGE](#)

CONTACT US

P: 256-824-2259 | chargerfit@uah.edu | www.uah.edu/hr/wellness | facebook.com/UAHChargerFit

HEALTH AND WELLNESS FAIR 2019

Charger Fit is pleased to announce our theme for the [2nd annual Health and Wellness Fair](#) is **Be Strong. Be Healthy. Be Happy.** The event will be held Friday, April 5th, from 11:00 am - 1:00 p.m. in the CTC Exhibit Hall with over 20 vendors. The event is open to all UAH Faculty and Staff.

The Fair provides faculty and staff with tools and resources to help develop a healthy work-life balance. We will have vendors in areas of wellness, healthcare, finance and more. You will not want to miss this event!



The first 100 employees to visit the Charger Fit table will receive a 2019 Charger Fit t-shirt!

Be sure to check-in at the registration table to so you have a chance to win one of the many exciting door prizes!

DRINK EIGHT TO HYDRATE CHALLENGE

Charger Fit introduces your next monthly challenge of 2019. **Drink Eight to Hydrate Challenge** begins **April 15, 2019, and continues through May 13, 2019.**

The goal is to consume and log at least 64oz of water 5 days per week over the next 4 weeks. **30 points** will be awarded to each person who meets the challenge goal.

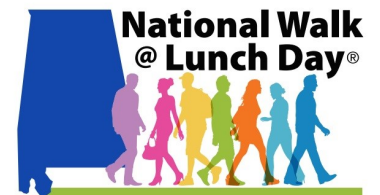
The challenge will be managed through the Gilsbar wellness portal. You will use the **Food & Water Tracker** in the Wellness Center to track your progress. All employees who want to participate must register for the challenge through the Gilsbar wellness portal beginning **April 8, 2019, through April 21, 2019.** [Click here](#) for more information.



WALK AT LUNCH

Walking is one of the easiest and most effective forms of exercise, but it can be hard to find a time to enjoy it. That's why Charger Fit is inviting you to walk during your lunch for the [BCBS 13th annual National Walk@Lunch Day](#) on Friday, April 26.

Turn your working lunch into a walking lunch and join us Friday, April 26, from 11:00 - 1:00. The registration table will be outside Charger Union. Come join us for Fitness Friday on the Greenway. Don't forget your walking shoes!



Walking for the health of it.

The first 40 employees in attendance will receive a reusable Charger Fit water bottle!

STEP INTO SPRING FITBIT CHALLENGE

Who is ready for the next UAH campus-wide Fitbit Challenge? The challenge begins April 21, 2019, and continues through, April 28, 2019. Participants who maintain an average of 7,500 steps or more each day will be entered into a random drawing for a Charger Fit wellness swag bag. For more information on Fitbits [click here](#).



MENTAL HEALTH CORNER - SCHIZOPHRENIA

Understand Schizophrenia

Schizophrenia is a severe and puzzling disorder of the brain. It dramatically alters the way a person thinks, acts, and feels. It can disrupt each life it touches. And it can cause great emotional pain. If a loved one has schizophrenia, don't lose hope. Right now, there is no cure. But treatment may help ease symptoms. Also, many support services exist for people with schizophrenia and their families.

What Are the Symptoms?

The symptoms of schizophrenia can vary greatly. People with the disorder may see or hear things that aren't there. Or, they may firmly believe something that isn't true. At times, they may be quiet, listless, and withdrawn. They may have little eye contact, and may not seem to respond. At other times, they might talk or act in strange ways.

Who Does it Affect?

Schizophrenia affects both men and women. It can strike people of all races, cultures, and incomes. Sadly it often begins in early adulthood. It may occur when young people are still in school. They may not have learned certain life skills. Any they might not have a chance to build careers or lasting relationships.

What Causes It?

The causes of schizophrenia aren't fully known. It's likely that many factor are involved. For example, schizophrenia seems to run in families. The disorder may be triggered by traumatic events. Certain brain chemicals also play a role. And brain structure is different in people with schizophrenia.

How to Find Help

The first signs of schizophrenia can be shocking. You may find it hard to cope. This is normal. You don't have to face this problem alone. Check with your local hospital or mental health clinic. Learning more about schizophrenia and going to a family support groups can offer you guidance and support.

Hope for the Future

Schizophrenia often presents lifelong challenges. Yet new treatments and the support of others can offer hope.

EAP - EMPLOYEE ASSISTANCE PROGRAM

The EAP is a resource for all faculty, staff, and their eligible dependents who may be dealing with a mental health or life issue.

An EAP program is a confidential, assessment counseling, and referral service for employees and their families who need help in any of the following areas:

Family and Marital Issues | Legal and Financial Referrals | Stress Related Issues | Alcohol and Drug Abuse | Emotional Issues

Through [American Behavioral](#), an EAP counselor can help identify problems and assist in working through them. Your EAP is:

- **Confidential** - All information is kept strictly between the individual and the counselor.
- **Informal** - A simple phone call starts the process. Live phone access to master level staff clinicians, 24 hours/365 days a year is available. Online services are also available.
- **Free** - Eligible employees and eligible dependents will have available up to five in-person counseling sessions per issue per calendar year at no cost.

American Behavioral

Phone: 800.925.5327

Online: [American Behavioral](#)

