



# CHARGER FIT WELLNESS

April 2021

## MOVESPRING SHAMROCK SHUFFLE CHALLENGE WINNERS

Congratulations to Drew Hamilton and Richie Nagel for winning our Shamrock Shuffle MoveSpring Challenge! They were among several participants who reached the target goal of 30,000 steps and was randomly selected to win one of two \$25 Visa Gift Cards. Those who participated in the Shamrock Shuffle MoveSpring Challenge will be awarded **30 points** towards their wellness program points. Be on the look out for the next MoveSpring challenge and another chance to win an awesome prize coming in the month of May. Remember to stay active! Take a break from your computer and enjoy a nice walk around campus or your neighborhood.



## WELLNESS WEDNESDAYS

COVID -19 has caused many of us to change our daily habits, routines, and plans to stay safe and healthy. Charger Fit has also had to do the same. Charger Fit's annual health and wellness fair was canceled this year due to COVID -19. However, Charger Fit still wants to provide helpful information concerning physical, emotional, and financial well-being. Therefore we are introducing, Wellness Wednesdays where we will host a webinar one Wednesday out of each month on various topics concerning health, emotional, and financial wellness. The first Wellness Wednesday will be held April 14, 2021 at 11:00 am. **The discussion topic will be: Stress Better: Return to Work & COVID 19** presented by American Behavioral. To sign-up click [here](#).



## GILSBAR SPRING STEPS CHALLENGE

Spring is here and it is time to start STEPPING!. Gilsbar is hosting a Spring Steps Challenge to help you with your fitness goals. Finding time each day to exercise is key in preventing disease and maintaining a clear mind. The purpose of this challenge is to increase the number of steps you are taking each day. The goal will be to log 50,000 steps per week (200,000 steps total). Registrations for the Spring Steps Challenge will begin April 26, 2021 - May 4, 2021. Log on to myGilsbar to complete sign-up. The challenge will start May 5, 2021 - June 1, 2021. Those who participate will earn **30 points** towards their wellness program points. Come on and let's get moving!



## NATURALLY SLIM IS REBRANDING

Our digital weight loss benefit is rebranding! Naturally Slim will be changing its name to Wondr Health™ on May 13, 2021. If you're already a participant, the program will have a new look and name, but there's no need to re-enter any of your personal information or update your login credentials. New look, same program, no interruption to your progress. So log-in now to continue learning the science-based skills you need to lose weight while still eating the foods you love. To learn more about the rebrand, go to [go.naturallyslim.comexpectwondr](http://go.naturallyslim.comexpectwondr)



### UPCOMING EVENTS

World Autism Day - April 2, 2021

Easter Day - April 4, 2021

World Health Day - April 7, 2021

Wellness Wednesday - April 14, 2021

Gilsbar Springs Steps Challenge Registration - April 26, 2021 - May 4, 2021



### CONTACT US

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## APRIL IS AUTISM AWARENESS MONTH

What is Autism? Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. The Autism Society recognizes that the prevalence of autism in the United States has risen from 1 in 125 children in 2010 to 1 in 59 in 2020. There is not just one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently. Click [here](#) to recognize the signs and symptoms of autism. In recent days, the autism community has been urging media outlets to shift their language from Autism Awareness to “Autism Acceptance” to match the growing need of acceptance for the autism community. Click [here](#) for more information on this growing awareness.



## WORLD HEALTH DAY IS APRIL 7, 2021



According to the World Health Organization, World Health Day is the global observance of health as a human right. From healthcare professionals to policymakers and individuals, families with young children or elderly, we all have a role to play in our personal health and the wellbeing of those around us. Since 1950, World Health Day has been celebrated on the 7th of April of each year. The objective of World Health Day is to raise global awareness of a specific health theme to highlight a priority area of concern for the World Health Organization (WHO). This year’s

World Health Day theme is: **Building a fairer, healthier world.**

## FINANCIAL WELLNESS WORKSHOP

Here at Charger Fit we believe that our financial wellness is just as important as our emotional and physical health. Join Sage View for a two part Financial Wellness Workshop called “Money Matters”. The two part webinar series will be hosted by Sage View’s national education and will cover eight essential financial topics everyone should know. The Spring Workshop will be held on May 26, 2021, and will be comprised of 20- minutes sessions covering four of the eight financial topics . Participants can choose to attend all four sessions, or attend specific sessions that suits your interest. For more information or to register click [here](#).

**SAGE VIEW** SageView Presents: **Money Matters FINANCIAL WELLNESS WORKSHOP**

Join SageView for a two-part webinar series hosted by our National Education Team as we cover eight essential financial topics everyone should know. Each 90-minute workshop will have four, 20-minute webinars led by experienced SageView advisors. After each session you'll receive a one-page flyer with key concepts for you to keep!

Your can join us for the whole workshop or just attend specific sessions – it's up to you!

SPRING WORKSHOP	FALL WORKSHOP
<p>📅 Wednesday, May 26, 2021</p> <p>🕒 11:00 am PST / 2:00 pm EST</p> <p>11:00 am Introduction</p> <p>11:10 am <b>Investing Basics</b> Principles to know and put into practice</p> <p>11:30 am <b>Roth vs. Traditional Retirement Plan</b> What's similar, what's different, what's right for you?</p> <p>11:50 am <b>Emergency Savings and Budgeting</b> Getting started and staying on track</p> <p>12:10 pm <b>Healthcare in Retirement</b> Your quick guide to Medicare, long-term care and more</p>	<p>📅 Wednesday, September 22, 2021</p> <p>🕒 11:00 am PST / 2:00 pm EST</p> <p>11:00 am Introduction</p> <p>11:10 am <b>Social Security</b> Five facts everyone should know</p> <p>11:30 am <b>College Savings 529 Plans</b> Understanding tax and other benefits</p> <p>11:50 am <b>HSAs and FSAs</b> Tax-advantaged savings for your healthcare needs</p> <p>12:10 pm <b>Making Your Money Last in Retirement</b> Know how much you'll need and key expenses to keep in mind</p>

[Register Now](#)

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