

CHARGER FIT WELLNESS

August 2018

UPCOMING EVENTS

Back to School Fitbit Challenge

August 13-17, 2018

Register for reCHARGE Cardio

August 20, 2018 - September 2, 2018

reCHARGE Cardio Challenge

August 27, 2018 - September 24, 2018

Fitness Friday

August 31, 2018

CONTACT US:

256-824-2259

chargerfit@uah.edu

www.uah.edu/hr/wellness

 @UAHChargerFit



BACK TO SCHOOL WORKWEEK HUSTLE

Need to get back into the swing of things after the summer break? Join Charger Fit with the next UAH Campus Fitbit Challenge. Which begins August 13, 2018, and continues through August 17, 2018. One random participant will be chosen to receive a \$25 gift-card.

Back To School



Want to increase your chances of winning? Achieve an average of 5,000 steps per day to have your name entered one additional time for the drawing; 7,500 steps and your name is entered two additional times; 10,000 + steps and your name is entered three additional times. You will earn **15 points** for participation in this event.

BIOMETRIC SCREENING

And the
Winners
are...

Congratulations to **Wanda Sterling** and **Jenny Mitchell** on winning the \$25 gift cards from July's contest! Remember you must complete your biometric screening to complete Tier 1 for the Wellness Incentive. It is not too late to do your screening. You have until October 31, 2018. Complete your screening at the [Faculty and Staff Clinic](#) or your primary physician. The [UAH screening form](#) must be turned in to the Faculty and Staff clinic to receive your **25 points**.

FACEBOOK - @UAHChargerFit

We have created a Charger Fit Facebook page just for you.

[@UAHChargerFit](#) Be sure to like and follow us to keep up-to-date on events and health information. We will also be sharing upcoming activities that you will want to be on the lookout for. Be sure to visit our [wellness website](#) too.

If you have ideas, comments, or suggestions regarding the Charger Fit Wellness program or web page, please submit those ideas to chargerfit@uah.edu.

Find us on
facebook



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THURSDAY FITNESS

We have one more Thursday fitness class for you and then we are back to our normal Friday schedule. Join us on Thursday, August 30, 2018, for a 30-minute **STEP JAM BASICS** class at 11:30 a.m. in the University Fitness Center Room B! This energizing step workout is choreographed to the latest music to keep you moving and singing along. Step Jam includes plyometrics and power intervals to challenge every fitness level. Step up to the challenge and take this class! You will earn **15 points** for participation in this event. [Click here](#) to register.



TOBACCO DECLARATION

Life-threatening diseases are linked to nicotine usage. Declare that you are tobacco free and earn **25 points** towards your wellness incentive.

- 1) Log into www.myGilsbar.com
- 2) Select Tobacco Declaration within the Dashboard
- 3) Complete the survey if you are tobacco free

Not tobacco free yet? Complete the Tobacco Cessation Program which addresses any nicotine delivery method, including but not limited to electronic cigarettes, and earn **25 points**. For more information [click here](#) or call 866-284-5268.



Effective June 1, 2016, UAH became a tobacco and vapor-free campus.

The move was in accordance with a new policy based on scientific evidence and concerns regarding the negative effects of smoking and vaping. It was intended to provide the university's faculty, staff, students, and visitors a campus environment that promotes health and well-being.

The policy prohibits anyone on campus from carrying, inhaling, or exhaling any lighted tobacco products, which may include cigarettes, pipes, chewing tobacco, and electronic nicotine delivery devices (also known as vaporizers or e-cigarettes).

More information about the policy can be found at uah.edu/policies.

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3RD QUARTER WEBINAR: FINANCIAL WELLNESS

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the third quarter “Financial Wellness” webinar and quiz by September 30th!



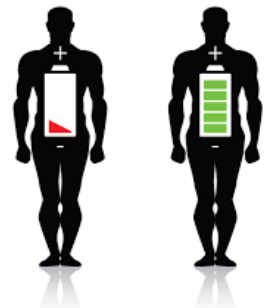
- 1) Log into your wellness center on www.myGilsbar.com.
- 2) Select the webinar to view the video.
- 3) Complete the quiz.

For more information [click here](#) or contact Human Resources at 256-824-2259.

RECHARGE CARDIO CHALLENGE

Dust off those sneakers! Charger Fit has its next challenge for you just around the corner. Our reCHARGE Cardio Challenge begins August 27, 2018, and continues through September 24, 2018.

The goal is to log at least 150 minutes per week of cardio exercise (600 minutes/4 weeks). **30 points** will be rewarded to all members who meet this goal. Those who meet the challenge goal will be entered into a random drawing for the opportunity to earn an additional **30 points**.



This Challenge will be managed through the Gilsbar wellness portal. Over 200 tracking devices are available to participate in this challenge. All employees who want to participate must register for the challenge through the Gilsbar wellness portal beginning August 20, 2018, through September 2, 2018. [Click here](#) for more information.