



CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

August 2019



AUGUST EVENTS

FIT FOR FALL STEP CHALLENGE REGISTRATION - AUGUST 12 - AUGUST 16, 2019

FIT FOR FALL STEP CHALLENGE - AUGUST 27 - SEPTEMBER 23, 2019

FITNESS FRIDAY - AUGUST 30, 2019

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

CONTACT US

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

WEIGHT WATCHERS AT WORK - FALL SURVEY

Charger Fit would like your feedback. We are polling UAH Faculty and Staff to see if there is interest in “*Weight Watchers At Work*” held during August-November, for the Fall 2019 semester.

The program would be a 12-week series with weekly onsite workshops with a health coach during your lunch break. The cost to the employee would be \$156. Employees who enroll during the kick-off session (first meeting) are eligible to receive an incentive discount with a cost of \$132.60.



If you are interested in signing up for the Weight Watchers At Work Program please complete [this survey](#) at your earliest convenience. Our deadline to receive your response is **Wednesday, August 7th**.

FIT FOR FALL - STEP CHALLENGE



Charger Fit announces the FIT FOR FALL step challenge which begins on August 27, 2019, and continues through September 23, 2019.

The goal is for each individual to walk 7,000 steps per day/5 days a week (140,000 steps) during the 3 week challenge. **30 points** will be rewarded to each member who meets the challenge goal.

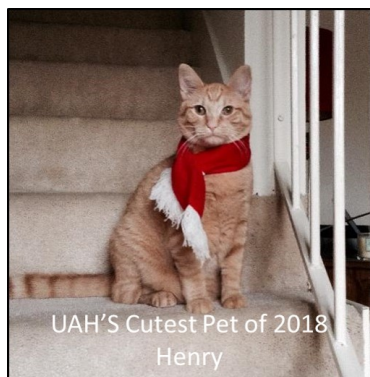
This Challenge will be managed through the Gilsbar wellness portal. Over 200 tracking devices are available to participate in this challenge. All employees who want to participate must register for the challenge through the Gilsbar wellness portal beginning August 12, 2019, through August 26, 2019. [Click here](#) for more information.

FITNESS FRIDAY

Join Charger Fit on Friday, August 30, 2019, for a 30-minute **Intro to Muscleworks** class at 12:00 P.M. in the University Fitness Center Room A. This is a class for all fitness levels designed to improve muscular strength and endurance. Each major muscle group is targeted using a variety of resistance equipment. You will earn **15 points** for participation in this event. [Click here](#) to register.



UAH'S CHARGER FIT CUTEST PET PHOTO CONTEST



Who will be UAH's Cutest Pet of 2019? All Faculty and Staff are eligible to participate in the contest. You have the month of August to submit your favorite photo of your pet. We will have weekly voting in September to determine our Cutest Pet Winner!

Submit your pet's [photo here](#) or visit the [website](#) for more info. It will be one submission per person. Deadline to submit your photos is **Friday, August 30, 2019**.

Each week faculty and staff will vote for the cutest pet of the week. Those chosen the cutest pet of the week will be entered in our final week of voting for a chance at becoming UAH's first Cutest Pet Photo Contest Winner!!! Cutest pet of the week and our final winner will be announced on our [Facebook page](#).

MENTAL HEALTH CORNER - ANSWERS TO ANXIETY

Anxiety disorders are a group of disorders that can affect adults, adolescents and children. Anxiety disorders overwhelm people with chronic feelings of anxiety and fear.

Unlike periods of anxiety that everyone feels because they are caused by a stressful event, anxiety disorders are chronic, and if not treated, can disrupt a person's life.

Fortunately, effective treatments do exist -- and early diagnosis may aid early recovery, prevent the disorder from getting worse and possibly prevent accompanying depression. Yet, because many people don't understand these disorders, only 25 percent of those suffering from them seek treatment.

Each anxiety disorder is distinct from the others, but all are marked by excessive, irrational fear and dread.

Read the full article [here](#).

EAP - EMPLOYEE ASSISTANCE PROGRAM

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

The 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 resources 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](#)



UNITED WAY OF MADISON COUNTY

LIVE UNITED



Every day, someone in Madison County needs essential services, from finding an after-school program, to securing adequate care for a child or an aging parent. However, people often don't know where to turn for help. In many cases, people end up going without these necessary services because they do not know where to start.

United Way
of Madison County
www.madisoncounty.org

2-1-1 helps people find help. 2-1-1 is an easy to remember telephone number, which connects people with important community services. Anyone needing information concerning any human service can dial 2-1-1 and be in contact with a trained specialist who will refer them to an appropriate organization! [2-1-1 video](#)

