



# Wellness Newsletter



## Boosting Your Mental Health

You know that you need to eat healthy foods and get some exercise to feel good and live longer. Another key part of living longer is your mental health. Good mental health is just as important as good physical health. But we all face changes in life that can challenge our emotional well-being. For example, even if you always looked forward to retirement, you might miss working. Or maybe you've moved and you miss your old friends.

Whatever happens in your life, make your mental health a priority. You'll feel better and deal with stress better. These ideas can keep your spirits up:

- Stay in touch with family and friends. Maintaining relationships is good for your mental health. Call and visit your children or grandchildren. If you don't have family or friends nearby, join a local church or, synagogue or, a community organization
- Keep busy with mentally stimulating activities. Consider volunteering or taking a class. Explore new interests like learning another language.
- Consider getting a pet. A pet can be an excellent companion. Pet owners get more exercise and have more social contact than those without pets.
- Exercise. Take a walk or ride a bike. Exercise improves how you feel mentally, as well as physically.
- Get enough sleep. Lack of sleep can contribute to depression. Try to get enough sleep as you need. Although we often say that a person needs about 8 hours of sleep per night, this is only an average number. Some people find they need more. It's important that you find out for yourself how many hours you need for restful, restorative sleep.
- Practice optimism and good humor. A positive attitude and laughter boosts your mood. Spend time with people who make you laugh. Rent funny movies.
- Be open to learning about new technology and what aspects of it may fit with your lifestyle and interest.



Keep this list handy and ideas of your own. It's worth putting good mental health on the top of your "to-do" list every day.

Source: [Uprise Health](#)

## JUNE 2022

### UPCOMING EVENTS

Wellness Wednesday  
JUNE 15 @ 10:00 A.M.

Wondr Health  
Registration  
MAY 30 - JUNE 12

Gilsbar "Fun in the Sun"  
Launch  
JUNE 21



### CONTACT US

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# Wellness Wednesday

Did you know that you can talk to a doctor anytime? UAH has partnered with Teladoc to provide employees enrolled in a UAH-sponsored medical plan with a convenient and affordable way to receive quality medical care. This month, Charger Fit has invited a representative from Teladoc to join us to for Wellness Wednesday to present a comprehensive overview of the General Medicine component of Teladoc: common uses, what can be treated, eligibility, how to register for Teladoc, how to locate your membership information, how to use the benefit, copays, how to submit a payment, and the advantages of Teladoc vs Urgent Care. Join us on June 15, 2022, @ 10:00 a.m. to learn more about this great benefit. All attendees will receive **30 points**(Max 150 points) added towards your wellness incentive. For those who register for this month's Wellness Wednesday, you will be entered into a random drawing for a **\$50 gift card**. Click [here](#) to sign up!



## TELADOC

Join us on June 15, 2022, @ 10:00 a.m. to learn more about this great benefit. All attendees will receive **30 points**(Max 150 points) added towards your wellness incentive. For those who register for this month's Wellness Wednesday, you will be entered into a random drawing for a **\$50 gift card**. Click [here](#) to sign up!

# Wondr Health

Wondr Health's next digital weight loss program will begin on June 27, 2022, for all registered applicants. Wondr Health is a 100% digital weight loss program that will teach you clinically-proven skills through weekly masterclasses. You will learn how to eat your favorite foods and still lose weight, increase your energy, stress less, and more. Employees, spouses, and covered dependents ages 18 and older on a UAH-sponsored medical plan to apply to the Wondr Health program. Complete 8 of the WondrSkills online sessions and you will receive 75 points toward your wellness incentive. Registration will begin on May 30, 2022, and through June 12, 2022. To apply for the summer program click [here](#).



# Coming Soon: Workout With Charger Fit!!

Starting in July, Charger Fit will partner with the University Fitness Center to participate in group exercise classes. Group exercise classes are a great way to help you get in shape, stay that way all while having fun at the same time. From Zumba, Muscleworks, and Aerobics, our UFC instructors are energetic, motivated, and passionate about helping you reach your wellness fitness goals. Look for more information in next month's newsletter about which fitness class Charger Fit will partner with first. For more information about fitness classes at the University Fitness center, click [here](#). Remember, all full-time UAH employees can obtain free membership to the University Fitness Center! If you are not already a member, click the link to learn more about [Fitness Center Membership Benefits and Rates](#).

# Register For TIAA's Live Webinars:

Join TIAA for June's monthly financial webinars. Remember to keep your financial health as healthy as your physical health. To register, click [here](#).



# A Daily Dose of Coffee Could Benefit Your Heart

According to the American College of Cardiology, drinking two or three cups of coffee every day may benefit your heart. Researchers found that the consumption of caffeinated beverages is associated with a 10% to 15% lower risk of coronary heart disease, heart failure and dangerous heart rhythms—as well as a longer lifespan.

Some people may worry that drinking coffee could trigger or worsen certain heart issues; however, recent studies suggest that daily coffee intake may be included as part of a healthy diet for people with and without heart disease. Furthermore, coffee consumption has not been linked to new or worsening cardiovascular disease. Studies found that drinking coffee either had a neutral effect—thus causing no harm—or was associated with heart health benefits. Cheers to that!

Source: Lockton





# Gilsbar's "Fun in the Sun" Summer Campaign

With the summer months approaching, Gilsbar has developed a "Fun in the Sun" Summer campaign focused on highlighting healthy activities individuals can focus on during the warmer months. The "Fun in the Sun" campaign will run from June 21, 2022, through August 31, 2022. Participants would have 3 new tiles added to the main page of their wellness center with the ability to earn 10, 20, or 30 points, contingent on what activities they choose to partake in. Check out the "Fun in the Sun" challenges that will be added:

- **Here Comes the Sun Challenge** - Participants will commit to wearing sunscreen on the days they will be outside for 30 minutes or more. Earn **10 points** for completion
- **Hydration Challenge** - Participants who consume and log a total of 1,000 ounces of water, via the wellness center tracker by August 31st will earn **10 points**.
- **Try Something New Challenge** - Participants will commit to trying at least one smoothie and one healthy dish recipe. Earn **10 points** for completion.



# EWG Releases 2022 Dirty Dozen List

Every year, the Environmental Working Group (EWG) releases a report ranking pesticide residue levels of fruits and vegetables based on samples taken by the U.S. Department of Agriculture (USDA) and the Food and Drug Administration. This report is designed to help consumers make healthy and informed choices and reduce their exposure to toxic pesticides. More than 70% of non-organic produce sold in the United States contains potentially harmful pesticide residue according to the EWG. The report includes a list of the most pesticide-tainted produce, known as the "Dirty Dozen." Here's the 2022 list:

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes



Source: Lockton

To attempt to remove pesticide residue from non-organic fruits and vegetables, experts recommend rinsing, rubbing, or scrubbing them. If you are still uneasy about pesticides, frozen or canned versions of your favorite products can be a great alternative.

# Have You Gotten Your Biometric Screening?

To complete your health screening, you may schedule an appointment with the Faculty and Staff Clinic through the employee portal. You can also have the biometric screening completed with your own physician. To receive credit towards your wellness incentive, you must have your physician complete a form and provide it to the Faculty- Staff Clinic. Email [Chargerfit@uah.edu](mailto:Chargerfit@uah.edu) or visit the Charger Fit website to obtain the screening form. 50 points will be awarded and a \$50 gift card will be mailed to all eligible employees who complete the screening. Remember, completion of the biometric screening is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.

# Summer Grilling: Turkey Burger Recipe

Makes: 4 servings

### Ingredients

- 1 pound ground 85% lean turkey
- 2 medium onions (chopped)
- 3 Tbsp. lemon juice
- ¼ tsp. Worcestershire sauce
- ¼ tsp. dried or fresh parsley

### Preparations

- 1) Combine the onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix these ingredients well.
- 2) Shape the mixture into four patties.
- 3) Fry the patties in a pan on medium heat or grill them until their internal temperature reaches 165 F.

Source: MyPlate

