



Wellness Newsletter



2022 Wellness Incentive

Congratulations to everyone who participated in the 2022 Charger Fit Wellness Program and earned a wellness incentive! Eligible faculty & staff had the opportunity to earn one of two wellness incentives: Tier 1 - \$50 or Tier 2 - \$100. This year's wellness incentive will be paid out on the December 23rd payroll check. That is right in time for the holiday season! If you did not have the opportunity to earn a wellness incentive this year, the 2023 Wellness Program will begin in January. The wellness incentive for next year is increasing to \$150! Look for more information regarding the 2023 Wellness Program and the exciting changes in the December Charger Fit Newsletter. Our goal is to increase participation and get more people involved and active with Charger Fit next year!



November is Diabetes Awareness Month

Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is far more common, both can be deadly, as they affect the body's insulin production. Over 34 million U.S. adults have some form of diabetes, and 1 in 5 don't even know it, according to the Centers for Disease Control and Prevention (CDC). November is American Diabetes Month, so take the time now to learn more about this serious disease. To help maintain your health, it's important to first understand diabetes risk factors and symptoms. Unfortunately, little is known about why people develop diabetes. For Type 1 diabetes, health experts believe family history and age may play a role. For Type 2 diabetes, the risk factors are a bit clearer and include being overweight, not exercising, and having a family history of diabetes. Diabetes symptoms include having to urinate often (especially at night), having blurry vision, losing weight without trying, having slow-healing sores, and having an unquenchable thirst. If you're concerned about your diabetes risks or potential symptoms, talk with your doctor. While Type 1 diabetes is often genetic in origin, Type 2 diabetes is entirely preventable; eating healthy and exercising have been proven to prevent or delay Type 2 diabetes.

Source: Lockton

NOVEMBER
is diabetes awareness month

If you are one of the more than 130 million Americans living with type 2 diabetes or prediabetes, don't forget that you have **free*** access to the revolutionary diabetes reversal treatment, Virta.

*The University of Alabama in Huntsville fully covers the cost of Virta for eligible employees and their adult dependents with type 2 diabetes or prediabetes who are enrolled in a life-sponsored health plan through Blue Cross and Blue Shield of Alabama.

virtahealth.com/join/uas

A whole-person look at diabetes

What is diabetes?

What parts of the body does diabetes affect?

How do you manage diabetes?

NOVEMBER 2022

UPCOMING EVENTS

Workout With Charger Fit
NOVEMBER 2, NOVEMBER 11, NOVEMBER 15, NOVEMBER 25

Veterans Day
NOVEMBER 11

Thanksgiving Holiday
NOVEMBER 24-25



CONTACT US

256-824-2259

Shelbie King Hall 102

chargerfit@uah.edu

www.uah.edu/hr/wellness



@UAHChargerFit

Daylight Saving Time and Your Health

Most of the United States shifts between standard and daylight saving time (DST) each year in an effort to “save” natural light. Clocks will get set one hour back on Sunday, Nov. 6, when the DST period ends. Although you may be excited about gaining another hour in your day, DST can wreak havoc on your physical and cognitive health for several days, weeks, or even months. The disruption of DST can negatively impact your health. Your internal clock regulates critical processes, including liver function and the immune system. Interruptions to the circadian rhythm, your body’s 24-hour biological cycle that regulates wake and sleep, can also impair your focus and judgment. For example, a study published in *Current Biology* found fatal U.S. traffic accidents increased by 6% in the week following DST. Fortunately, there are ways to increase your odds of a smooth DST transition. While you may be tempted to use the extra hour to indulge in various activities, health experts recommend using that time for sleep. To help make the DST transition easier, consider going to bed 15-20 minutes early in the days beforehand to help your body get used to the difference. If you have specific health concerns, talk to your doctor

Helping Your Body Adjust to the Time Change

If your state follows DST, you can take steps to make the transition easier. Leading up to and after the time change, consider these tips to protect your circadian rhythm:



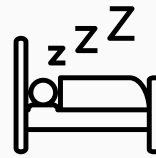
Exercise in the morning.



Prioritize daylight exposure.



Keep a regular sleep routine.



Remove sleep disturbances.

Source: Lockton

Could Expressing Gratitude Improve Your Mental and Physical Health?

Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood, and immunity. Gratitude can also decrease depression, anxiety, difficulties with chronic pain, and the risk of disease. If there was a pill that could do this, we'd all be taking it. Our brains are designed to problem-solve rather than appreciate. And we often must override this design to reap the benefits of gratitude.

What is the right amount of gratitude?

Simply stated, gratitude should be practiced daily. Try starting your day by thinking of someone you're grateful for as soon as you wake up. It could be appreciating a friend who sends you funny texts, a teacher who recognizes your child's gifts, or the barista who hands you your coffee and shares friendly conversation. Later, thank that person with a text, note or kind word when you see the person. Remember that behavior changes biology. Positive gestures benefit you by releasing oxytocin, a hormone that helps connect people. Some people call it the love hormone. Plus, you'll also benefit the person on the other end of the gesture. After all, who doesn't like to be thanked for their efforts or just for being who they are?

Source: Mayo Clinic Health System



TIAA Quarterly Webinars

Attend live webinars to help boost your financial know-how



Pumpkin Ricotta Stuffed Shells

Makes: 12 servings

Ingredients

- 12 jumbo pasta shells
- 1 ¼ cups part-skim ricotta cheese
- ¾ cup pumpkin puree
- ½ tsp. garlic powder
- 2 Tbsp. fresh basil (chopped)
- ¼ tsp. dried sage
- ½ tsp. salt
- ½ tsp. black pepper
- ½ cup grated Parmesan cheese, divided
- 1 cup low-sodium spaghetti sauce

Directions

1. Preheat oven to 350 F.
2. Cook the pasta shells according to package directions. Drain and place the shells on a baking sheet to cool.
3. In a bowl, stir together the ricotta cheese, pumpkin puree, spices and all but 1 Tbsp. of the Parmesan cheese.
4. Spread the spaghetti sauce in the bottom of a baking dish that can hold all the pasta shells in a single layer.
5. Fill each pasta shell with about 3 Tbsp. of the pumpkin mixture and place the shells close together within the sauced baking dish.
6. Cover the baking dish with foil and bake for 30 minutes.
7. Remove the foil from the baking dish, sprinkle the pasta shells with the remaining Parmesan cheese and bake for 15 more minutes. Serve and enjoy

Nutritional Information (Serving size: 1 muffin)

- Total calories 103
- Total fat 4 g
- Protein 6 g
- Sodium 211 mg
- Carbohydrate 12 g
- Dietary fiber 1 g
- Saturated fat 2 g
- Total sugars 2 g

Source: myplate.gov

