

# CHARGER FIT NEWSLETTER

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## AMERICAN HEART MONTH AND GO RED FOR WOMEN

### National Wear Red Day - Friday, February 7, 2020

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.



Can we create a sea of RED across UAH? Get everyone in your office to wear red on February 7th, take a picture of your department, and submit it to our Facebook page (@UAHChargerFit). All entries will be entered into a drawing for a goodie basket for your office.

### Go Red for Women

Go Red for Women is the American Heart Association's global initiative to end heart disease and stroke in women. Launched in 2004 to close the gap in awareness, Go Red quickly expanded into a worldwide movement dedicated to removing the barriers women face to achieving good health and wellbeing.

Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined. Read the [full article here](#).

Check out these websites for more information.

[Go Red for Women](#) | [American Heart Association](#)



## FEBRUARY EVENTS

**FEBRUARY 7**  
NATIONAL WEAR RED DAY

**FEBRUARY 10 - MARCH 10, 2020**  
HEALTHY HEART  
DIET CHALLENGE

**FEBRUARY 28, 2020**  
12:00 P.M.  
FITNESS FRIDAY

**FEBRUARY 29, 2020**  
COMPLETE HEALTH  
ASSESSMENT FOR CHANCE  
TO WIN A GIFT CARD



## HEALTHY HEART DIET

February is American Heart Month and Charger Fit would like to bring awareness to this by hosting the “Healthy Heart Diet”. The challenge begins February 10, 2020, and continues through March 10, 2020.

The goal of the Healthy Heart Diet is to focus on incorporating foods into your diet that are beneficial to your heart health. For example, you'll be asked to watch your sodium intake, cholesterol intake, and decrease your sugar consumption. A healthy heart equals a long happy life! **30 points** will be awarded to each person who meets the challenge goal.

The challenge will be managed through your Gilsbar wellness center. All eligible employees who want to participate must register for the challenge through the Gilsbar wellness center beginning January 27, 2020, through February 9, 2020. To get you started check out this [ultimate grocery list](#). For more information [click here](#).



## SELF HELP WORKS

Gilsbar is offering a new self help tool this year called Self Help Works - Online Coaching. You can get online coaching to lose weight, control drinking, reduce stress, enjoy exercise, manage diabetes, improve sleep, and learn nutrition basics.

Self Help Works Online Coaching is more than just education. These programs are designed to eliminate hard-to-break habits and create long-lasting behavior changes through step-by-step behavioral training, which alters a participant's mindset and emotional attachment to these behaviors.

Watch prerecorded videos, combined with interactive quizzes and other multimedia features, that creates a captivating "live" health coaching experience that maximizes engagement and retention.

Visit the Self Help Works Tile on [www.myGilsbar.com](http://www.myGilsbar.com) for information on any of the online coaching programs. You can earn **75 points** for completion of a program. Points are awarded monthly.



## HEALTH ASSESSMENT

The Health Assessment is an online survey used to assess your overall health risks. It will help you gain a better understanding of your overall health status, identify any health risks you may have and provide a platform for dialogue with your healthcare professionals. These results will aid in customizing your wellness experience.

Log into your wellness center ([www.myGilsbar.com](http://www.myGilsbar.com)) and click on the Health Assessment Tile to complete this component and earn **50 points**. If you complete your Health Assessment before February 29, 2020 you will be entered into a drawing for one of four \$25 gift card.

## FITNESS FRIDAY - YOGA

Join Charger Fit on Friday, February 28, 2020, at 12:00 P.M. in the University Fitness Center Room A for a 30-minute Yoga class. Yoga is a series of carefully designed postures with a strong emphasis on breathing, concentration, and flexibility. You will earn **30 points** for participation in this event. [Click here](#) to register.

## DID YOU KNOW?

Did you know you can create your own challenge within the MoveSpring app? Stay motivated by challenging your department and friends. Under the challenges dashboard select the tab "+Join/Create", you will then have the chance to join a challenge that is already out there or create your own challenge. [www.uah.edu/hr/wellness/movespring](http://www.uah.edu/hr/wellness/movespring)

*MoveSpring*