



# CHARGER FIT EMPLOYEE WELLNESS

February 2019



Shelbie King Hall

## FEBRUARY EVENTS

TEAM CARDIO CHALLENGE REGISTRATION - FEBRUARY 4 - FEBRUARY 17, 2019

TEAM CARDIO CHALLENGE - FEBRUARY 11 - MARCH 11, 2019

FITNESS FRIDAY - FEBRUARY 22, 2019


EAT WELL - LIVE WELL LUNCH-N-LUNCH - FEBRUARY 28, 2019

## COMING SOON

FINANCIAL PLANNING FOR RETIREMENT WEEK - MARCH 26 - 28, 2019

BE STRONG. BE HEALTHY. BE HAPPY. HEALTH AND WELLNESS FAIR - APRIL 5, 2019

\*Wellness Event link coming soon on the [Wellness Page](#) so you can keep up to date on future events.



February is  
**American Heart Month**

Heart disease is the #1 leading cause of death  
for both men and women-

**-it is also preventable and controllable!**

1. Don't smoke or use tobacco
2. Exercise for 30 minutes on most days of the week
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. Get regular health screenings

Make sure to get you blood pressure & cholesterol levels checked regularly!

## CONTACT US

P: 256-824-2259 | [chargerfit@uah.edu](mailto:chargerfit@uah.edu) | [www.uah.edu/hr/wellness](http://www.uah.edu/hr/wellness) | [Facebook](#)

## TEAM CARDIO CHALLENGE

Charger Fit has your first team challenge of 2019. **Feel the Beat Cardio Challenge** begins **February 11, 2019, and continues through March 11, 2019.**

You will be able to create your own teams which will be comprised of 2-4 members. [Click here](#) for instructions on how to sign up and create your own teams.



The goal is that each individual must complete 150 minutes of exercise per week over the 4-week challenge. **30 points** will be awarded to each member who meets 75% or more of the challenge goal (112.5 minutes of exercise per week). The top 3 teams with the highest average exercise minutes will earn 10 bonus points.

The challenge will be managed through the Gilsbar wellness portal. Over 200 tracking devices are available to be used in this challenge. All employees who want to participate must register for the challenge through the Gilsbar wellness portal beginning **February 4, 2019, through February 17, 2019.** [Click here](#) for more information.

## EAT WELL - LIVE WELL LUNCH-N-LEARN

Join Charger Fit Thursday, February 28, 2019, for a **Eat Well - Live Well** lunch-n-learn in Shelby Center Room 301. The program will start at 11:45 a.m. and last until 1:00 p.m. You are encouraged to bring your lunch and we will provide drinks and desserts.



The main focus of the presentation is exploring the basic tenets for making healthy food choices. You will learn how to eat for the maximum health and wellness.

[Click here](#) to register for this seminar. The first 30 participants to attend will receive a free **Eat Right for Life** book. Participants who attend will also receive **15 points**.

[Click here](#) to view the future seminars planned for 2019.

## FITNESS FRIDAY

Come join us Friday, February 22, 2019, for a 30-minute **Body Barre Express** class at 11:30 a.m. in the University Fitness Center Room A! This is a fusion of pilates-inspired exercises and dance-based moves that target the parts of your body that need it most - legs, hips, and abs. [Click Here](#) to register.



## EMPLOYEE DISCOUNT PROGRAM

As an employee at UAH, you may take advantage of certain discounts from various local and national vendors. Information on the available discounts is located under the **HR Benefits Work-Life Balance** section of [www.uah.edu](http://www.uah.edu).

## GILSBAR - PERSONAL HEALTH COACHING

At Gilsbar, they understand that supporting your health means putting you first. That's why they take a different approach to supporting your health, one that's personal, convenient, uncomplicated, and most important of all, that puts YOU first. Gilsbar makes their health coaching about what's important to you first because they know that lasting change always comes from within.

Initial consultations take 25 - 30 minutes, and your goals determine your program length. Register in the wellness center on [www.myGilsbar.com](http://www.myGilsbar.com).



Click [HERE](#) to watch an informational video and learn more about our health coaching program.

### Available Programs

Weight Management, Stress Management (call 866.284.5268 to enroll in Stress Management),  
Communication Skills, Tobacco Cessation, Life Balance, and Ergonomics

\*You can earn **25 points** if you complete a personal health coaching program.

# MENTAL HEALTH CORNER - MENTAL HEALTH MYTHS AND FACTS

## Mental Health Myths and Facts

Can you tell the difference between a mental health myth and fact? Learn the truth about the most common mental health myths.

### ⇒ Mental Health Problems Affect Everyone

**Myth:** Mental health problems don't affect me.

**Fact:** Mental health problems are actually very common. In 2014, about:

- One in five American adults experienced a mental health issue
  - One in 10 young people experienced a period of major depression
  - One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
- Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide. [Learn more about mental health problems.](#)
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**Myth:** Children don't experience mental health problems.

**Fact:** Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosed, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

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**Myth:** People with mental health problems are violent and unpredictable.

**Fact:** The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

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**Myth:** People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

**Fact:** People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
  - Increased productivity
  - Lower absenteeism
  - Decreased disability costs
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**Myth:** Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

**Fact:** Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many [recover](#) completely.

*Article continued on next page.*



# MENTAL HEALTH CORNER - MENTAL HEALTH MYTHS AND FACTS CON.

## ⇒ Helping Individuals with Mental Health Problems

**Myth:** There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

**Fact:** Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

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**Myth:** Therapy and self-help are a waste of time. Why bother when you can just take a pill?

**Fact:** Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a [support system](#) during the healing and recovery process.

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**Myth:** I can't do anything for a person with a mental health problem.

**Fact:** Friends and loved ones can make a big difference. Only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- [Helping them access mental health services](#)
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as "crazy"

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**Myth:** Prevention doesn't work. It is impossible to prevent mental illnesses.

**Fact:** Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors such as exposure to trauma that can affect the chances that children, youth, and young adults will develop mental health problems. Promoting the social-emotional well-being of children and youth leads to:

- Higher overall productivity
- Better educational outcomes
- Lower crime rates
- Stronger economies
- Lower health care costs
- Improved quality of life
- Increased lifespan
- Improved family life

MentalHealth.gov  
*Let's talk about it.*

*Last Updated: 08/29/2017*

Checkout out this article, *What is Mental Health, Recovery is Possible*, and more at [MentalHealth.gov](#).

## EAP - EMPLOYEE ASSISTANCE PROGRAM

The EAP is a resource for faculty, staff, and their immediate family members who may be dealing with a mental health issue.

An 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 services are also available.
- **Free** - Eligible employees and eligible dependents will have available up to five in-person counseling sessions per calendar year at no cost.

All regular, full-time and part-time employees and their eligible dependents are eligible to use the EAP service.



**American Behavioral**  
Phone: 800.925.5327  
Online: [American Behavioral](#)