



CHARGER FIT WELLNESS

February 2021

CHARGING INTO 2021 MOVESPRING CHALLENGE WINNER

Congratulations to Susan Solomon for winning our first MoveSpring Challenge of the year! Susan had a total of 211,762 steps...wow!!! She will be receiving a UAH swag bag for being number one on the Charging into 2021 leaderboard. Those who participated in January's MoveSpring challenge will be awarded **30 points** towards their wellness program points. Be on the look out for the next MoveSpring challenge coming in the month of March. Until then, make sure you are giving those walking shoes plenty of use. Set a goal to walk 30-45 minutes daily to maintain good health.



SHARPEN THAT MIND GILSBAR CHALLENGE



Gilsbar's Sharpen That Mind Challenge begins February 1st and will continue through February 28th. The purpose of this challenge is to participate in daily exercises to stimulate the brain. According to the World Health Organization, the number of people living with dementia worldwide is estimated at 50 million and will triple in number by 2050. Participating in this challenge will show how important it is to exercise your brain along with your body. **30 points** will be awarded to all employees who complete the daily challenges.

BIOMETRIC SCREENING

Have you completed your Biometric Screening? Completing the biometric screening is mandatory in order to earn your wellness incentive. A biometric screening can help to determine the risk level for certain diseases and medical conditions. It consists of a blood draw to test your HDL, LDL, Triglycerides, Glucose, and other biometrics (BP, Height, Weight, BMI, and waist circumference).



To complete this screening, you may schedule an appointment with the Faculty and Staff Clinic at 256-824-2100 or have the [screening form](#) completed by your own physician and sent to the Faculty and Staff Clinic. **50 points** will be awarded to all employees who complete the screening.

NATURALLY SLIM

Naturally Slim's next weight loss program will begin February 15, 2021, for all registered applicants. Naturally Slim will teach you skills to help you lose weight and improve your overall health without giving up the delicious foods you love. No complicated diets, no counting calories, and no diet point systems! Just plain results. Complete 8 of the first 10 online sessions and you will receive **75 points** towards your wellness program. Let's be committed to making your overall health and wellbeing a top priority in 2021.



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UPCOMING EVENTS

Sharpen That Mind Challenge - February 1 - February 28

National Wear Red Day - February 5, 2021

Naturally Slim - February 15, 2021

CONTACT US

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FEBRUARY IS AMERICAN HEART MONTH

According to the CDC, heart disease can happen at any age. Heart disease does not happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. Click [here](#) to read what conditions and behaviors could put you at risk for heart disease and ways to take control of your heart health. Remember: **A healthy heart is a healthy you!**



National Wear Red Day is February 5, 2021

THREE WAYS TO BEAT THE QUARANTINE 15

There's no doubt you've spent more than your fair share of time at home over the last few months. And you've also likely experienced plenty of stress and anxiety as you face concerns about health and finances, disrupted routines and a "new normal" that feels anything but normal. All of these factors can add up to unintended weight gain.

Although it's unlikely you've gained 15 pounds since the COVID-19 pandemic first reared its ugly head, you may still notice your pants feeling tighter lately (that is, if you've put on a pair of pants!). Whether you've gained a couple of pounds or more than you'd care to admit, now is as good a time as any to get back to healthier habits.

Keep in mind that the overall state of your health is affected by far more than whether you come into contact with COVID-19. In fact, maintaining a healthy weight, eating healthy and exercising regularly are some of the best ways to stay healthier overall.

Here are 3 tips to help say goodbye to any quarantine weight you're ready to get rid of:

- **Get back into a routine.** Even if you're at home more than usual, it doesn't give you license to hit the fridge all day long. Schedule meals and snacks and try to avoid eating in between. If it helps, make the kitchen an "off-limits" space except for designated meal times.

- **Eat more mindfully.** Many people tend to eat when stressed, bored, lonely, or angry. Try to recognize when you're eating due to hunger or emotion. Then find ways to address your mood other than food. Also pay attention when eating – sit down, dish out a portion and savor it. You'd be surprised by how much you can eat without really noticing.



- **Find new activities.** If you don't feel comfortable going to the gym or have lost your motivation to work out, it's time to find fun new ways to be active. This can be as simple as dancing around your house, enjoying a daily stroll with the kids, jumping on your bike to explore a quieter part of town or following an online workout. Not only will more activity help your weight, but it's a great stress-reliever and improves your health in many other ways.

If you see the number on the scale go up, don't panic. Weight gain can be caused by a number of factors, such as fluid retention, what you ate for dinner last night or muscle mass increase. While monitoring your weight can help you track if you're adequately balancing energy intake and output, there are other ways to track your health. For example, you can set exercise goals or monitor how many fruits and vegetables you eat each day. It's more important to focus on healthy habits than the number on the scale.