



Wellness Newsletter



2022 Wellness Program

Happy New Year! Have you been wondering why haven't you received an email regarding the start of the 2022 Wellness Program? Well, don't fret! The 2022 Wellness Program is on its way! This year, we at Charger Fit decided to delay the start of the wellness program until February 1, 2021. We know returning from work after a long Christmas break, everyone is trying to get back into that routine of working and answering a ton of emails. We wanted to make sure everyone had enough time to get back into the swing of things at work before we begin tackling those wellness goals for 2022. Be on the lookout for your wellness program towards the end of the month. Until then write down those fitness goals you would like to achieve in 2022!

Wellness Wednesday

It's a new year and we are excited to kick off an all-new Wellness Wednesday. Our first Wellness Wednesday will be held on January 19, 2022 @11:00 am. Please mark your calendars to join us for this informative session. A representative from Wondr Health will be sharing great information about this weight loss program offered to health plan participants at no cost by UAH. Wondr Health is a digital behavioral change program focused on weight management, that helps participants improve their physical and mental wellbeing through simple, interactive, and clinically-proven skills and tools. By treating the root cause of obesity through behavioral science, Wondr reduces risk factors to prevent chronic diseases, like diabetes and hypertension, and improve the overall quality of life. The next application period for Wondr Health is open from January 17 - January 30. This webinar will be a perfect opportunity to learn more about participating in the program and how it can help you achieve weight loss goals. Click [here](#) to sign up! And in case you are wondering, **30 points** will be added to your 2022 wellness points!



JANUARY 2022

UPCOMING EVENTS

WONDR Health Application Period
JANUARY 17 - JANUARY 30

Wellness Wednesday
JANUARY 19, 2022

Martin Luther King Jr. Day
JANUARY 17



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This Month Is "Dry January"

Dry January is a month-long challenge aimed to encourage individuals to avoid drinking alcohol. According to the Centers for Disease Control and Prevention, more than 95,000 people die from "excessive alcohol" use in the United States each year. Excessive alcohol use includes binge drinking (drinking that brings the blood alcohol level to 0.08% or more), heavy drinking (consuming 15 drinks or more per week), any use of alcohol by people under the legal drinking age of 21, and any alcohol use by pregnant women. For those of you who are not heavy drinkers, but social drinkers, Dry January is a good opportunity to put the alcohol down for one month to stop and evaluate what drinking may or may not be doing for you. A few benefits of abstaining from alcohol are better sleep, budget savings, calorie savings, and increased energy. Also, it can improve your health and start your new year off to a fresh start. For more information about abstaining from alcohol, click [here](#).



Make Improving Your Health A Goal In 2022

Let's face it, the idea of being healthy looks very different to different people. It is not a one size fit all approach and throughout the stages of life, the healthy habits that work best for you will change as your lifestyle changes. However, being healthy is something we all should strive for. When you are healthy, you feel well: physically, mentally, and socially. Being healthy means feeling your best, and who doesn't want to feel their best? And a new year is the perfect time to prioritize our goals and include health as one of your main goals. We at Charger Fit believe "a healthy employee, is a happy employee." If you need a little help getting out of your health sluggishness, check out these health-related goals to get you started:

- **Maintain a healthy weight:** To maintain weight through physical activity, get 150 minutes of moderate-intensity aerobic activity or 75 minutes of high-intensity aerobic activity per week
- **Rethink your drink:** Substitute sugary and alcoholic drinks with water.
- **Get enough sleep:** Maintain a structured sleep schedule by going to bed and waking up in the morning at the same time on weekdays and weekends.
- **Schedule your checkups:** Visit your health care provider regularly for preventive services like cancer and diabetes screenings.
- **Talk to your health care provider** for guidance and support with any lifestyle changes.

Let's Recharge In 2022

Kick off the New Year in a calm and introspective mood by giving yourself space and time to reflect and start fresh.

Start fresh! Here are a few ideas on how you can recharge your batteries:

- Clean out your email inbox and texts
- Get rid of expired beauty products and pantry items.
- Book time with friends
- Figure out a mantra, phrase or word that sets the tone for your year
- Catch up on sleep

The beginning of the year is a time for a fresh start—use it to strive for self-improvement.

Source: Willis Towers Watson

