



It's July Y'all!

MOVESPRING CHALLENGE WINNERS

Congratulations to Sarah Dyess and Rebekke Muench; for winning our Fun in the Sun MoveSpring Challenge! They were among several participants who reached the streak goal of 15 minutes of daily activity for five days and was randomly selected to win one of two \$25 Visa Gift Cards. Be on the look out for the next MoveSpring challenge and another chance to win an awesome prize coming soon. Remember to stay active this summer. Take a break from the hustle of life and enjoy a nice walk or jog in your neighborhood, on the beach or even a nice hike in the mountains.



WELLNESS WEDNESDAY



Who is ready for our next Wellness Wednesday? Our next Wellness Wednesday is scheduled for July 14, 2021, at 11:00 a.m. The topic of discussion will be "How Much Exercise Do I Really Need?" presented by Dr. David Kyle. Remember, those who register for

Wellness Wednesday will receive **30 points** (up to 150 points max) towards their wellness incentive. Please click [here](#) to register.

BIOMETRIC SCREENING

This year is flying by! Question: "Have you completed your Biometric Screening yet?" Completing the biometric screening is mandatory in order to earn your wellness incentive and must be completed by October 31, 2021. So don't wait to get this screening done. Go ahead and check it off your to-do list. 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.



UPCOMING EVENTS

Independence Day - July 4, 2021

Wellness Wednesday - July 14, 2021

Pom Pom Facebook Challenge - July 6 - 26, 2021



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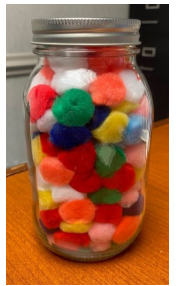


CHARGER FIT WELLNESS

July 2021

HOW MANY POMPOMS - FACEBOOK CHALLENGE

Summertime equals fun. Visit our Facebook page [@UAHChargerFit](#), like the page, and guess how many pom pom balls are in the jar. You have a chance to win a \$25 gift card to the restaurant of your choice. The nearest guess under the actual amount at the time of the drawing will win the prize. In the event of several winners, all winning names will go into a random drawing. You may guess as many times as you want. You will have from July 6th until July 26th at 9:45 AM to enter your guess. All details will be posted on our Facebook page on July 8th by 9:00 AM.



Drawing will be July 26th at 10:00 AM.

GILSBAR'S NEW PAL - TO - PAL CHALLENGE FEATURE



Starting July 1st, Gilsbar will have a new challenge feature. [Pal to Pal Challenges](#) allow participants to initiate and engage in social competition on a one-to-one basis. Challenge creation is quick and easy with time- and target-based options to determine a winner. Challenges have built-in themes, including activity, nutrition, health measurements, sleep, and emotional wellness. Challenge data can be manually added or automatically synced with over 100 devices or apps, and integrated gamification allows participants to share

their progress and earn badges. Additionally, participants can keep the competitive spirit alive by posting, commenting, and responding on the Social Wall, which includes access to a robust library of images and GIFs. Pal to Pal Challenges provide motivation and promote accountability in a fun and rewarding way that encourages the creation of healthier habits and lifestyles.

JULY IS SARCOMA AWARENESS MONTH

According to the American Cancer Society, Sarcomas are not common tumors. Sarcoma is a type of cancer that starts in tissues like bone or muscle. There are more than 50 different types of soft tissue sarcomas. Bone and soft tissue sarcomas are the main types of sarcoma. When the word sarcoma is part of the name of a disease, it means the tumor is malignant. Soft tissue sarcomas can develop in soft tissues like fat, muscle, nerves, fibrous tissues, blood vessels, or deep skin tissues. They can be found in any part of the body. Most of them start in the arms or legs. They can also be found in the trunk, head and neck area, internal organs, and the area in back of the abdominal cavity. For more information on sarcoma, risk factor, and treatment, please visit the [American Cancer Society's](#) webpage.



FOURTH OF JULY SWEET AND HEALTHY TREAT



The Fourth of July holiday is just around the corner and like most holidays, Independence Day is another opportunity for us to be tempted to throw away healthy eating and indulge in all the delicious food at the family barbecue. Instead of giving into all the yummy foods and deserts or if you are in charge of bringing a dish, how about trying a more healthier option. This No-Bake Berry Cheesecake Bars recipe will do the trick. Not only are these bars a more healthier option, but it will also be a fun way to add some red, white, and blue to your holiday plate. To learn how to make this delicious desert, click [here](#).