



CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

JUNE 2019



JUNE EVENTS

STRIKE A POSE YOGA CHALLENGE - JUNE 3 - JULY 3, 2019

SLIM DOWN FOR SUMMER FITBIT CHALLENGE PART ONE- JUNE 10 - JUNE 14, 2019

SLIM DOWN FOR SUMMER FITBIT CHALLENGE PART TWO- JUNE 17- JUNE 23, 2019

ZUMBA WITH WENDY - JUNE 11, 2019

THURSDAY FITNESS - JUNE 27, 2019

HEALTHY SLEEP HABITS QUARTER TWO WEBINAR DUE - JUNE 30, 2019

*KEEP UP -TO-DATE WITH OTHER WELLNESS EVENTS BY CHECKING OUT OUR [EVENTS PAGE](#)

CONTACT US

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STRIKE A POSE YOGA CHALLENGE

Charger Fit's next monthly challenge is **Strike a Pose Yoga Challenge**. The challenge begins **June 3, 2019, and continues through July 3, 2019**.

Earn **30 points** by completing the daily suggested [stretching exercise](#) and signing the flyer to confirm your participation. Upon challenge completion, login to your Wellness Center to upload* the flyer and earn points.

*Follow these steps in your [Wellness Center](#) to upload your document: **Incentives & Rewards** (not Wellness Challenges); **View My Incentives Programs**; Access Program; Find **Strike a Pose Challenge**; **View**; **View Occurrences**; **Submit New File** to upload document.



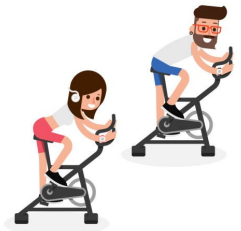
ZUMBA WITH WENDY



Wendy is hosting a second fitness class for June, as well as doing a raffle for a giveaway for those who attend her class. Join us Tuesday, June 11, 2019, for a 30-minute **ZUMBA** class at 5:30 p.m. in Shelbie Center Room 301. You will earn **15 points** for participation in this event. [Click here](#) to register.

THURSDAY FITNESS

Join Charger Fit on Thursday, June 27, 2019, for a 30-minute **Intro to Cycle** at 11:30 a.m. in the University Fitness Center Room B. This class combines basic cycling movements with motivational coaching techniques to give you a unique exercise experience. You will earn **15 points** for participation in this event. [Click here](#) to register.



SUMMER SLIM DOWN FITBIT CHALLENGE PART ONE



The **Slim Down for Summer Fitbit Challenge** part one begins June 10, 2019, and continues through, June 14, 2019. Participants who maintain an average of 30 active minutes or more each day will be entered into a random drawing for a Charger Fit wellness swag bag. Active minutes are measured as the amount of time users do continuous, moderate-to-intense activity for more than 10 minutes. For more information on Fitbits [click here](#).

SUMMER SLIM DOWN FITBIT CHALLENGE PART TWO

Part two of the **Slim Down for Summer Fitbit Challenge** begins June 17, 2019, and continues through, June 23, 2019. Participants who maintain an average of 7,500 steps or more each day will be entered into a random drawing for a Charger Fit wellness swag bag. For more information on Fitbits [click here](#).



WEBINAR - HEALTHY SLEEP HABITS



Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the **Quarter Two "Healthy Sleep Habits"** webinar and quiz by June 30th!

- 1) Log into your wellness center on www.myGilsbar.com.
- 2) Select the webinar to view the video.
- 3) Complete the quiz.

For more information [click here](#) or contact Human Resources at 256.824.6640.

UNIVERSITY FITNESS CENTER



Do you know all full-time Faculty and Staff employee are eligible for a free membership paid by UAH* to the University Fitness Center? Just present your Charger ID at the time you sign up. Discount memberships are available for eligible family members as well. Check out the group exercise classes and other amenities the fitness center offers [here](#).

*The membership is a taxable benefit according to IRS regulations. Usually employees see about a \$1 - \$2 change in net pay. This is a minimal amount compared to other gyms which may cost \$30 - \$40 per month.

OUR PLEDGE REGARDING MEDICAL INFORMATION

Privacy Notice

Charger Fit understands that health information about you and your health is personal. We are committed to protecting your medical information. This Notice describes your rights and certain obligations Charger Fit has regarding the use and disclosure of medical information.

CHARGER FIT 2019

Charge your way to a healthy 2019. Participate in the Charger Fit Wellness Program to explore new ways to improve your health. Participating employees have the opportunity to receive one of two wellness incentives by completing the requirements by October 31, 2019.

Tier 1: Complete Health Assessment (25 points), Biometric Screening (50 points), **AND** earn 175 additional points* (250 total points) to receive a **\$50 wellness incentive**

OR

Tier 2: Complete Health Assessment (25 points), Biometric Screening (50 points), **AND** earn 275 additional points* (350 total points) to receive a **\$100 wellness incentive**

- Health Assessment: Available through the Gilsbar online wellness portal (25 points)
- Biometric Screening: Complete at the [Faculty and Staff Clinic](#) or your primary physician (50 points). The [UAH screening form](#) must be turned in to the Faculty and Staff clinic to receive points.

*Point earning activities can be found at www.myGilsbar.com. Log in to the wellness center and click "Track My Points" for a list of point earning opportunities. Activities will also be listed monthly in the Charger Fit Wellness Newsletter.

Effective June 1, 2019, Gilsbar has updated their website (www.myGilsbar.com) and the wellness app for your phone. [Click here](#) for more information how to access the updated wellness app for your phone.

*If you have any trouble signing up for your portal access please contact Jenny Mitchell at jenny.mitchell@uah.edu.

EARLY BIRD REWARDS

Charger Fit wants to help you earn your additional points toward your wellness incentive. Here are a few ways to get **20 early bird reward points**.

- Complete a Health Coaching by June 30, 2019
- Complete Health Assessment by June 30, 2019
- Complete Biometric Screening by June 30, 2019

*All activities are still available to you after June 30th but you will not get the early bird reward points.



MENTAL HEALTH CORNER - COPING WITH LOSS AND DISAPPOINTMENT

Strong Families ... Strong Futures

Loss touches all of us and death is not the only cause of our losses. Losses and disappointments happen throughout the life span and affect personal and family lives. We lose our health, good friends who move away, jobs and spouses through divorce. We suffer the disappointment of missed promotions, the loss of financial security, loss of our children and grandchildren through family disputes and the list could go on. We may face loss and disappointment regularly and never really stop to consider what is happening to us. Have you ever suffered from a loss or disappointment? Maybe you have and don't even realize it—you just thought that was how life was supposed to be.

Learning to recognize your losses and learning to deal with them can help you throughout your life as you face additional losses. You can find meaning in your losses and in spite of the pain and learn from your experiences.

Recognizing Losses

Many research studies have been conducted on the grieving process and handling death, but few studies have focused on managing the change brought about by disappointments and losses. Whenever we experience a change that requires giving up familiar patterns, we suffer a loss or disappointment. In a research study conducted by Family and Consumer Science Extension Agents, over 500 people were asked to tell about their losses and disappointments, rate the severity of them, what feelings they had, and what helped them to cope with or get over them.

Most of us recognize the obvious losses such as death, divorce, or loss of a favorite possession. But it's important to realize that the less obvious losses and disappointments can also be very significant.

Losses

- Health: physical and mental illnesses, injuries, chronic diseases
- Relationships other than divorce: siblings and family estrangement, unhappy marriages, problems with children, grandchildren, co-workers, friends
- Work/financial: jobs (loss of a job, downsizing, changing jobs), businesses, homes (moving, fires, etc.)
- Divorce
- Death
- Pregnancy issues (unexpected children, miscarriage, abortion, infertility)
- Losses from violence (rape, sexual assault)
- Loss of a dream or vision
- Loss of independence and self-esteem

The most shocking experiences of loss are those that alter the structure and functioning of our personal and family life. These kinds of losses and disappointments can have lasting impacts.

Much of the grieving we do comes from those losses that are easy to identify. The source of grief is obvious when someone dies, we experience a divorce, or we move away from our family and friends. The not-so-obvious losses and disappointments are more difficult to identify. An exciting event such as the birth of a baby may bring the loss of independence. Or a job promotion may bring the loss of valued clientele.

Grieving Is an Individual Experience

Grieving is an individual experience. A major loss for one person, may be only a minor disappointment to another. The intensity of the loss or disappointment is often dependent on the significance of what was lost. The time span for recovery is also very individualized. For some, recovery may take only a few months, but for others experiencing the same or similar loss, it could take years.

Every person works out his or her own method of surviving or coping during times of loss. Some people turn to friends while others like to be alone. Some seek out support groups and counselors while others stay at home and cry. Physical activity, reading, working, talking, writing, and praying are all coping mechanisms that people use to cope with losses and disappointments.

Healing from a loss or disappointment is a process. All of us know that it takes time to get over something that overwhelms us. Time, together with a change in attitude are the most helpful things to help you recover. Primary support, such as family, friends, and church, along with time are also helpful. It is important to move on, talk with others, and let others help if you are to recover from your loss or disappointment. Give yourself time to grieve and to heal.

References

Berry, M. A., Clark, L., Foote, R. A., Nieto, R., Oliver, K., Recker, N., & Thompson, J. (1998). It will never happen to me, but it did. (Unpublished study). Ohio State University Extension, Columbus.