MARCH EVENTS

LUCKY LEPRECHAUN FITBIT CHALLENGE - MARCH 3 - 16, 2019

SPRING ROAD RACE 8K - MARCH 3, 2019

FINANCIAL PLANNING FOR RETIREMENT WEEK - MARCH 26 - 28, 2019
  SOCIAL SECURITY ADMINISTRATION SEMINAR - MARCH 26
  TIAA SEMINAR - MARCH 27
  TRS AND PEEHIP SEMINAR - MARCH 28

FITNESS FRIDAY - ZUMBA WITH WENDY - MARCH 29, 2019

COMING SOON

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

*KEEP UP -TO-DATE WITH OTHER WELLNESS EVENTS BY CHECKING OUT OUR EVENTS PAGE

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**FINANCIAL PLANNING FOR RETIREMENT WEEK**

In today’s economy, it is important to feel secure about your financial future and ensure a comfortable retirement. These seminars will help you understand the opportunities available to you and provide guidance in planning for retirement.

**Social Security Administration**

Tuesday, March 26th at 11:30 a.m. in Shelbie Center Room 301
Light refreshments will be provided. [Click here](#) to register.

**TIAA - Income Options in Retirement**

Wednesday, March 27th at 11:30 a.m. in Shelbie Center Room 301
Light refreshments will be provided. [Click here](#) to register.

**Teacher’s Retirement Systems of Alabama and PEEHIP**

Thursday, March 28th at 10:00 a.m. in the Conference Training Center Exhibit Hall
Light refreshments will be provided. [Click here](#) to register.

**FITNESS FRIDAY - ZUMBA WITH WENDY**

Join Charger Fit Friday, March 29, 2019, for a 30-minute **ZUMBA** class at 11:30 a.m. in the University Fitness Center Room A! This is a fusion of international music and dance themes creating a dynamic, exciting, and energizing workout. [Click Here](#) to register. You will earn **15 points** for participation.

**LUCKY LEPRECHAUN FITBIT CHALLENGE**

Who is ready for the next UAH campus-wide Fitbit Challenge? The two week challenge begins March 3, 2019 and continues through, March 16, 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](#).

**SPRING ROAD RACE 8K**

The UAH Kinesiology Club is hosting a **Spring Road Race 8K** on Sunday, March 3, 2019, at 2:00 p.m. All proceeds from the event will go to the Huntsville Dialysis Center.

Receive **20 points** for participating in the event when you use the Upload Verification tool on the Gilsbar wellness platform and upload proof of participation (race bib, registration proof, etc.).

For more information about the race [click here](#) or contact Ronnie Nelson at ronaldearlson@aol.com.

**NATIONAL NUTRITION MONTH**

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

By logging your meals each day, you can track your progress towards an estimated goal based on caloric intake and burn. You can quickly and easily log food right in the Fitbit app by searching for specific foods or scanning a barcode. Easily log water your water intake in the app as well.

Here are some helpful tips to consider.

12 Grocery Shopping Tips from Nutritionist
How a Nutritionist Packs the Perfect Lunch
Pack a Healthy Lunch With These 5 Bento Box Tips
Eat Your Veggies! These 16 Non-Salad Strategies Make it Easy
Mental Health Corner - Eating Disorders

What are eating disorders?

An eating disorder is marked by extremes. It is present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, or feelings of extreme distress or concern about body weight or shape.

A person with an eating disorder may have started out just eating smaller or larger amounts of food than usual, but at some point, the urge to eat less or more spirals out of control. Eating disorders are very complex, and despite scientific research to understand them, the biological, behavioral and social underpinnings of these illnesses remain elusive.

The two main types of eating disorders are anorexia nervosa and bulimia nervosa. A third category is “eating disorders not otherwise specified (EDNOS).” which includes several variations of eating disorders. Most of these disorders are similar to anorexia or bulimia but with slightly different characteristics. Binge-eating disorder, which has received increasing research and media attention in recent years, is one type of EDNOS.

Eating disorders frequently appear during adolescence or young adulthood, but some reports indicate that they can develop during childhood or later in adulthood. Women and girls are much more likely than males to develop an eating disorder. Men and boys account for an estimated 5 to 15 percent of patients with anorexia or bulimia and an estimated 35 percent of those with binge-eating disorder.

Eating disorders are real, treatable medical illnesses with complex underlying psychological and biological causes. They frequently co-exist with other psychiatric disorders such as depression, substance abuse, or anxiety disorders. People with eating disorders also can suffer from numerous other physical health complications, such as heart conditions or kidney failure, which can lead to death.

To continue reading the article “Eating Disorders” from National Institute of Mental Health click here.

EAP - Employee Assistance Program

The EAP is a resource for all faculty, staff, and their eligible dependents 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.

American Behavioral
Phone: 800.925.5327
Online: American Behavioral