



# CHARGER FIT WELLNESS

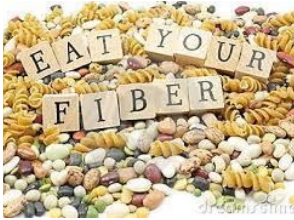
March 2021

## MOVESPRING CHALLENGE SHAMROCK SHUFFLE

Are you ready for another MoveSpring Challenge? This challenge will focus on reaching a target step goal. The “**Shamrock Shuffle**” MoveSpring challenge begins March 8, 2021, and continues through March 12, 2021. Let’s see how many participants can reach the target goal of 30,000 steps by the end of the challenge. Those who reach the targeted goal will be entered into a random drawing for one of two \$25 gift cards. Also, all participants will receive **30 points** towards their wellness incentive. Click [here](#) to join the challenge!



## INCREASE YOUR FIBER INTAKE GILSBAR CHALLENGE



Did you know eating fiber improves your digestive health and prevents weight gain, heart disease, and diabetes? Gilsbar’s Increase Your Fiber Intake will begin on March 2nd for those who registered for this challenge. The purpose of this challenge is to encourage you to incorporate fiber into your diet. The goal is to log 25 grams of fiber daily for **30 days** (750 grams total). **30 points** will be awarded to all participants who complete the daily challenges.

**Visit the Tracker tile to log your daily fiber!**

## HEALTH ASSESSMENT

Show of hands, who has completed their health assessment? The Health Assessment is an online tool used to give you a personalized health profile. It will help you gain a better understanding of your overall health status, identify any health risks you may have and provide a platform for dialogue with your healthcare professionals. Use the results from your assessment to set specific goals for yourself throughout your wellness program.



Log into your wellness center ([www.myGilsbar.com](http://www.myGilsbar.com)) and click on the Health Assessment Tile to complete this component and earn **50 points**. Remember, completing your health assessment is mandatory to receive your wellness incentive at the end of the year.

## GILSBAR WEBINAR

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the **Quarter One “Life of a Health Coach”** webinar.

- 1) Log into your wellness center on [www.myGilsbar.com](http://www.myGilsbar.com).
- 2) Select the webinar to view the video.
- 3) Click on the Incentive/Rewards to log the webinar and earn points.



### UPCOMING EVENTS

Shamrock Shuffle MoveSpring Challenge - March 8, 2021 - March 12, 2021

Increase Your Fiber Intake Gilsbar Challenge - March 2, 2021 - March 31, 2021

Sleep Awareness Week - March 14, 2021 - March 20, 2021

St. Patrick’s Day - March 17, 2021



### CONTACT US

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## SLEEP AWARENESS WEEK - MARCH 14 - MARCH 20

Sleep Awareness Week was launched in 1998, by the National Sleep Foundation (NSF) as a national campaign to celebrate sleep health and to encourage individuals to prioritize sleep and to improve the health and well being. According to the NSF's Sleep in America Poll, in the year 2020, Americans felt sleepy on average three times a week, with 62% percent try to 'shake it off' as their primary response. Americans who feel sleepy five to seven days a week say they have high rates of irritability, headaches, and generally feel unwell. The Sleep in America poll also found that when individuals feel sleepy, it is generally because they are not sleeping well not because they do not have enough time to sleep. The National Sleep Foundations recommends 7-9 hours of sleep for adults aged 18-64 and 7-8 hours for older adults aged 65 and over. Characteristics of a good night's sleep include waking up feeling refreshed, alert, and able to be fully productive throughout your waking hours. Some tips to ensure you have a good night's rest are: stick to sleep schedule, create a restful environment, limit daytime naps, pay attention to what you eat and drink, include physical activities in your daily routine, and manage your worries.



## MARCH IS NATIONAL NUTRITION MONTH



National Nutrition Month is an educational campaign founded by the Academy of Nutrition and Dietetics focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes. The National Nutrition Month theme is: **Personalize Your Plate** which promotes creating nutritious meals to meet individuals' cultural and personal food preferences. Developing a healthy eating pattern is not a one-size-fits all endeavor. There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!

## EAP - EMPLOYEE ASSISTANCE PROGRAM

The EAP is a resource for all faculty, staff, and their eligible dependents who may be dealing with various behavioral health issues.

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.