May is Global Employee Health and Fitness Month

Global Employee Health and Fitness Month (GEHFM) is an international and national observance of health and fitness in the workplace. The goal of GEHFM is to promote the benefits of a healthy lifestyle to employers and their employees through workforce health promotion activities and environments. Learn more at the GEHFM website.

Please visit our Facebook page (@UAHChargerFit) for information throughout the month of May.

National Fitness Day

National Fitness Day, on the first Saturday in May, offers an opportunity to inspire and try new ways of becoming fit and healthy.

The day is dedicated to everyone – not just health enthusiasts. Step out and try a class that looks interesting. Zumba? Yoga? Yes, try it for a day. Perhaps you only want to get out and stretch. Do it!

Maybe you already have a nice routine but want to try something new. The day is an excellent way to shake up your routine. And while you’re at it, bring a friend.

Learn more about National Fitness Day here.

UAH Healthy Cookbook Submissions

Charger Fit wants to create a healthy cookbook for you. To do this we are asking employees to share your favorite healthy recipes from all around the world. Please submit your recipes by May 29, 2020 to jenny.mitchell@uah.edu. Please use the following subject line when emailing Healthy Recipe Submission.
May is Mental Health Awareness Month

May is Mental Health Month, and it has never been more important than this year. Just weeks ago, we had no idea that all our worlds were going to be turned upside down by the coronavirus. Or that the associated worry, isolation, loneliness, and anxiety would be something that literally everyone would experience.

Mental Health America’s Mental Health Month toolkit this year focuses on resiliency, offering tools to thrive at any time. These tools – even those that we may have to adapt for the short term because of social distancing – will be more useful than ever.

There is also bonus material in the toolkit specifically focused on the coronavirus, and how we can all work together to support our mental health in the face of uncertainty.

Mental health screening is essential during times of stress. Everyone should take a mental health screening. And encourage your friends and family to take a screening too. It is more important than ever to take care of our mental health and to look forward and focus on what we need to do to thrive in uncertain times.

To learn more click on one of the topics below or visit Mental Health America.

Employee Assistance Program—EAP

An EAP program is a confidential, assessment counseling, and referral service for faculty, staff, and their eligible dependents who need help in any of the following areas: Family and Marital Issues, Legal and Financial Referrals, Stress Related Issues, Alcohol and Drug Abuse, and Emotional Issues. Through American Behavioral, an EAP counselor can help identify problems and assist in working through them.

For more information, webinars, and monthly newsletters click here.

Virtual Workouts (Fitness Friday)

The University Fitness Center has virtual workouts available. They are streaming their classes via Facebook Live, so make sure you are following the University Fitness Center Facebook page. All videos will also be available for access after the live feed. Fitness Fridays will resume when we return to normal business operations.

Have some fun with this Health and Wellness Crossword puzzle. Answers will be posted on our Facebook page (@UAHChargerFit) May 15th. Good Luck!