CHARGER FIT
EMPLOYEE WELLNESS NEWSLETTER

MAY 2019

MAY EVENTS

MOTHER’S DAY - MAY 12, 2019
READY, SET RELAX LUNCH-N-LEARN - MAY 14, 2019
WEIGHT WATCHERS AT WORK KICK-OFF MEETING - MAY 16, 2019
THURSDAY FITNESS - MAY 23, 2019
MEMORIAL DAY - MAY 27, 2019

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

CONTACT US
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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 medical information about you. This Notice will tell you about the ways in which the Plan may use and disclose medical information about you. This Notice also describes your rights and certain obligations the Plan has regarding the use and disclosure of medical information. The Plan is required by law to:

- make sure that medical information that identifies you is kept private;
- give you this notice of the Plan’s legal duties and privacy practices with respect to medical information about you;
- notify you in the case of a breach of your unsecured identifiable medical information; and
- follow the terms of the notice that is currently in effect.

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.

READY, SET RELAX LUNCH-N-LEARN

Join Charger Fit Tuesday, May 14, 2019, for a Ready, Set Relax Lunch-N-Learn in Shelby Center Room 301. The program will start at 11:45 a.m. and last until 1:00 p.m. You are encouraged to bring your lunch and we will provide drinks and desserts.

During this session we will learn a number of simple mental and physical relaxation techniques that will help you gain perspective and maintain your mental and physical well-being.

Click here to register for this seminar.
Click here to view the future seminars planned for 2019.

You will earn 15 points for participation in this event.

WEIGHT WATCHERS AT WORK

Charger Fit is pleased to announce the kick-off of WW (Weight Watchers) at Work on May 16th in Shelby Center Room 301, at 11:30 a.m. WW at Work is a 12-week program that runs from May 16th through August 1st, with weekly meetings on Thursdays from 11:30 a.m. – 12:30 p.m. This program is only open to UAH employees and the cost is $156 for the full program, which includes access to the WW mobile apps and other WW resources. Employees who enroll during the kick-off session are eligible to receive a Kick-Start Kit, full of great products to support your efforts.

All weekly meetings after the kick-off will be held in Shelbie King Hall Room 127. Mark your calendars and join us for this exciting kick-off event! Please register for the Kick-Off here.

As an additional incentive we want to offer you 30 points if you attend 9 out of 12 meetings.
Mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it’s important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

Did you know that Mental Health America (MHA) founded May as Mental Health Month back in 1949? That means this year marks MHA’s 70th year celebrating Mental Health Month!

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, or playing with a pet can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals — can have a profound impact on a person’s quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning – it can be important to connect with your spiritual side in order to find that mind-body connection.

Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

For more information, visit www.mentalhealthamerica.net/may.

Animal Companionship
Humor
Social Connection and Recreation
Work-Life Balance
Spirituality and Religion
Calendar with activities