



CHARGER FIT WELLNESS

October 2018

WELLNESS INCENTIVE

DEADLINE IS APPROACHING

All full-time faculty and staff have an opportunity to earn a **\$25, \$50, or \$75** incentive this year!

To be eligible for an incentive, participants must complete the tier requirements by **October 31, 2018**. Point earning activities can be found at www.myGilsbar.com. Log-in to the wellness center and click "Track My Points." Activities will also be listed monthly in the Charger Fit Newsletter.

Tier 1: Complete a Health Assessment (25 points) through the online wellness portal, www.myGilsbar.com, **AND** complete a biometric screening (25 points) at the Faculty and Staff Clinic or your primary physician to receive a **\$25 Wellness Incentive**.

Tier 2: Complete the requirements for **Tier 1 AND** earn 100 additional points to receive a **\$50 Wellness Incentive**. (150 total points)

Tier 3: Complete the requirements for **Tier 1 AND** earn an additional 200 points to receive a **\$75 Wellness Incentive**. (250 total points)



***Wellness incentive not to exceed \$75**

UAH'S CHARGER FIT CUTEST PET PHOTO CONTEST

Who will be UAH's Cutest Pet of 2018? Charger Fit will have four weeks when faculty and staff can vote for the Cutest Pet of the Week. The fifth week of voting will determine who will be "**UAH's Cutest Pet**" of 2018. The owner of the Cutest Pet will win a wellness swag bag.



Cutest Pet of the Week and our first annual "**UAH's Cutest Pet**" of 2018 winner will be announced on our [Facebook page](#).

Weekly voting will be held Monday through Saturday each week, starting October 1st. All winners will be announced Mondays on Facebook. "**UAH's Cutest Pet**" winner will be announced November 5th. Visit [here to vote](#).

FITNESS FRIDAY

Join us Friday, October 26, 2018, for a 30-minute **BODYPOWER** class at 11:30 a.m. in the University Fitness Center Room A! This Body Power Basic class will challenge all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls matched to music to create a simple, fun and effective way to strength train that gives you fantastic results! You will earn **15 points** for participation in this event. [Click here](#) to register.



UPCOMING EVENTS

Snack Attack Nutrition Challenge - October 1 - October 30

Cutest Pet Contest Voting

Week 1...October 1 - October 7
Week 2...October 8 - October 14
Week 3...October 15 - October 21
Week 4...October 22 - October 28
Finals.....October 29 - November 4

Steps for a Cure Challenge - October 15 - October 19

Fitness Friday - October 26

4th Quarter Webinar - October 31

CONTACT US

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SNACK ATTACK NUTRITION CHALLENGE

Charger Fit is hosting a “**Snack Attack Nutrition Challenge**” starting October 1st, continuing through, October 30th. No registration is required. All activity will be logged through www.myGilsbar.com by the participant.

The goal for this challenge is to earn 1 point per day for 30 days by eating a daily nutritious snack. [Click here](#) for a suggested snack chart to follow. Log into the wellness center daily on www.myGilsbar.com and check mark your healthy snack.

You can earn up to **30 points** for this challenge to count toward your Wellness Incentive goal.



STEPS FOR A CURE FITBIT CHALLENGE

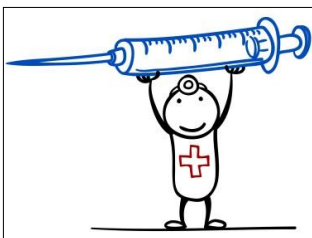


Time for the next System Wide Fitbit Challenge, “**Steps For A Cure**”, where we will challenge UA, UAH and the UA System Office. The Challenge begins on October 15, 2018, and continues through October 19, 2018. You will earn **15 points** for participating in this event. Participants will also be entered into a random drawing for a wellness swag bag. **Let’s go Chargers!**

To participant, make sure your Fitbit is linked to the UA System Fitbit Program under UAH. [Click here](#) to link your Fitbit account.

FLU SEASON

In the United States, flu season occurs in the fall and winter. The peak of the flu season can occurred anywhere from late November through March.



[The CDC recommends](#) getting vaccinated by the end of October. Everyone 6 months of age and older should get a flu vaccine every year before activity begins in their community.

Visit the **UAH Faculty & Staff Clinic** in Wilson Hall, Room 327, to get your Flu Shot. The cost is \$20. **Call 256.824.2100 to schedule your appointment today.**

4TH QUARTER WEBINAR: LAB RESULTS

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the fourth quarter “Lab Results” webinar and quiz by October 31st! For more information [click here](#).

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

