



<http://www.wellness.uci.edu>

FREE Wellness for UCI Faculty and Staff in 2011

WELLNESS PROGRAMS



ARC at the Park Tai Chi: A 45 minute workout designed to release stress & improve your focus for the day.
Olga's Workout: A workout with exercise tubes & weighted balls.



Eat Well New nutritional programs and resources at UCI for faculty and staff



Fit Squad A mobile unit providing fitness and wellness programs throughout the UCI Community.



Fuel Up A FREE incentive based behavioral modification program designed to help you make healthier food choices. Fuel Up UCI is a six week program with a different theme each week that will include tips to help you select healthy food options.



Lactation Station A quiet, comfortable, secure room where moms can breastfeed or pump for their child



Limber Up New incentive based online program demonstrating simple movements designed to reduce stress and increase flexibility



Peter's Pick Peter's Pick is a symbol to help you identify healthy and nutritious choices on campus.



Step Up A pedometer based walking program designed to encourage better health by increasing your typical daily activity.



Wellness Benefits Wellness benefits include yearly health assessments, one-on-one coaching, counseling, resources, and more. Providers include: StayWell Health Management, Kaiser HealthWorks, Cascade Centers, United Behavioral Health.



Wellness Room A comfortable, private room designed to help reduce stress and improve health and wellness

WELLNESS WORKSHOPS



CPR/AED & First Aid Certification

Upon successful completion of this free course, participants will receive an American Red Cross First Aid certificate that is valid for 3 years and an Adult CPR/AED certificate valid for 1 year.



Eat Well

50-minute lunchtime nutritional workshops focusing on healthy eating and cooking



Health and Fitness Fridays

Weekly mini series. 50-minute lunchtime health and fitness presentation from an engaging expert on a current health topic. Free lunch and access to the ARC all day Friday.



Healthy 100 and Beyond Lecture Series

Weekly mini series. 60-minute lunchtime workshops addressing the concerns of healthy aging and lifestyle choices



Parenting

50-minute lunchtime workshops addressing concerns and needs around parenting from pregnancy disability leave through adulthood.



Relax Your Mind and Body Series

Monthly, 50-minute lunchtime stress management workshops that explore techniques and resources available to manage stress and enhance personal wellness.



Work/Life Wellness

50-minute lunchtime workshops addressing concerns and needs around budgeting, 1st time home buy, estate planning and identity theft

WELLNESS EVENTS



Healthy to 100 and Beyond Challenge

An incentive based program designed to challenge participants to adopt at least one new healthy habit and keep it for 100 days.



Know Your Numbers Health Screenings

On campus events providing walk-in screenings for Blood Pressure, Cholesterol, Waist/Hip Ratio, BMI, Body Fat and more.



UCI Walks

Campus promotion and support of UCI teams in local walking fundraisers for National Organizations such as the Aids Walk, Heart Walk, Kidney Walk and Diabetes Walk



Wellness and Safety Fair

Annual faculty and staff fair promoting wellness and safety resources and program at UCI and in the surrounding community.