SPOTLIGHT EMPLOYEE

The spotlight employee program showcases a UW-Eau Claire employee who has made a change that has improved their overall health and well-being. The change can focus on any area of health and well-being! Examples include, but are not limited to: work/life balance, stress management, improved nutrition, increased exercise, environmental sustainability/improvements, etc. Each spotlighted employee will nominate the next person to be recognized for their accomplishments!

NAME: Mickey Kolis
DEPARTMENT: Education Studies
WELLNESS CHANGE: Take Back Your Lunch
WHAT WELLNESS ACTIVITY DO YOU LIKE TO PARTICIPATE IN: Run, bike, walk our dog, mow, garden, build rock walls, snowshoe, play lunch basketball!!! (NBA)
WHAT ROLE DOES WELLNESS PLAY IN YOUR LIFE: Being "well" is one of purposes in life, along with my family and friends, being intellectually engaged and having a strong spiritual life. I am always thinking about what I eat, my sleep patterns and keeping physically active, in positive ways. Diet to me is not a bad word, it is all about the choices I am making.
TELL US ABOUT THIS CHANGE AND HOW YOU ACCOMPLISHED IT: I participate in the NBA (Noon Basketball Association). I have chosen to "take back my lunch" because it is fun, I have gotten to know people from across the campus and community and it gets me energized for the afternoon. It is a conscious decision because it seems that more and more people are scheduling meetings during whatever times seem to work for them, at the cost of the health of many individuals. Bottom line, if you haven’t got your health, you haven’t got anything. I choose my health!
WHO ARE YOU NOMINATING AS NEXT MONTH’S SPOTLIGHT EMPLOYEE: Benita Wagner

WALK THE TALK

What is your dream? How will you achieve it? If you are unsure of what your dream may be, it’s never too late to start preparing yourself to achieve it. A dream is what you desire if anything and everything is possible. There are 5 things you can do to start preparing yourself to achieve your dreams in life; mental, experiential, visual, hero, and physical preparation. Once you complete these 5 things, it’s time to focus on discovering your dreams.

For more information on finding your dream and purpose in life, go to http://www.walkthetalk.com/.

EMPLOYEE YOGA

This is a FREE opportunity to all UW-Eau Claire employees, and their partners. Classes will run February 19th - April 18th, with the exception of Spring Break week, in the Hibbard Hall Penthouse on Tuesdays and Thursdays from 4:50pm - 5:50pm. It is recommended that you bring your own mat, as there will be a limited supply. This program is first come, first served. Come relax after a long day of work.

FOR MORE INFORMATION CONTACT: Brittany Matti mattibn@uwec.edu.

WELL-BEING CHALLENGE

JAN. 22, 2013 - MAY 10, 2013
COST: FREE
The New Year is often a time for resolutions in one’s life. The October Employee Wellness newsletter touched on the idea of “Small Steps to Wellness.” Instead of focusing on seemingly overwhelming change, it is often beneficial to start small and work to develop small lifestyle enhancements. The “Well-Being Challenge” creates awareness and provides opportunity to participate in activities and ideas that compliment all 7 dimensions of wellness (Physical, Spiritual, Environmental, Intellectual, Occupational, Emotional, Social). To participate, print off the “Well-Being Challenge” card from the Recreation website. You have the semester to complete as many activities on the card as you wish. Once you have completed an activity, initial the space on the card with your own initial for verification. To be eligible for prizes, please complete at least 3 activities.

FOR MORE INFORMATION CONTACT: Brittany Matti mattibn@uwec.edu.

The University of Wisconsin-Eau Claire’s Wellness Committee is excited to provide you with an Employee Newsletter! The committee plans to develop and send out a fun, informational newsletter twice a semester and once in the summer showcasing wellness information such as campus wellness events and offerings, informational articles, healthy recipes, etc!

Live Well!
32 IS GREATER THAN 67

VAN DRESAR FROM HUMAN RESOURCES

Starting in grade school we are taught simple math. We learned that 67 is greater than 32. You remember don’t you? The less than, greater than and equals sign? We then begin the race to learn numbers and apply them. We even start adding half numbers especially to our age. Somehow 10 and a half is much better than just plain 10. Next it might have been old enough to vote, drink, rent a car, etc. you get the idea. We even kept it going when we got closer to retirement age. Only 13 more years and I can retire. We are always racing for the larger number that’s us – Americans in general.

How about this little nugget? Did you know the United States is the only advanced country without a national vacation policy? That’s right, the United States does not mandate companies give their employees time off. Remember we have the Jones’ to keep up with. Wait, we did that and we went into a financial crisis both personal and national debt. We have to be the first to the moon. Wait, we did that, more than once in fact. We have the world to save. Wait, we tried that and nobody said thank you and we went further into debt. There just isn’t enough time in the day to tackle all the things that need to be done or better yet, if we could clone ourselves we could get it all done. Ah then there would be only more you see because we continue to think 67 is greater than 32. We are so confident in this we even have seminars on how to manage these!

But when you really think about it, shouldn’t 32 be greater than 67? Sure we spend more time at 67. 67 provides for us, but truth be told we are our own worse enemies in the provision area. A favorite lyric from a Y&T song captures this mantra we seemingly live by: “Big, better, best keeping up with the Jones’ is tough” and tough it is. Regardless of the economic boom of what seems like an eternity ago to the tough economic times we face today and going forward we have our eye on the prize and the more we 67, the bigger the prize we seek because we can.

We spend more time at 67, but strangely enough few of us feel better about this. Deep down we would rather be with the things that make up 32. How many photos do you have of 67? You’re there enough to have some. Yet when you flip through all your photos there are countless examples of 32 and still we just can’t stop from putting 67 first.

We spend more time at 67, but does this make us feel better about being there? Don’t we really wish we were with the things that make up 32? When you reach the finish line of 32 how much will you really be thinking about 67? Will you ultimately be judged by how well you did at 67 compared to 32? Does 67 really make you feel better than 32?

So what exactly am I referring to 32 and 67? If you assign each letter of the alphabet a numerical number where A=1, B=2, etc. you will find that LIFE = 32 and WORK = 67. In this country we always refer to it as a work life balance and for the 32 of me I don’t understand why when clearly 32 is greater than 67.

FREE WELLNESS SEMINAR SERIES

Take advantage of these free, one hour informational sessions from 5-6pm in the Hilltop Lounge in Hilltop Center.

CREATE NEW POSSIBILITIES WITH QUALITY ESSENTIAL OILS
Jan. 30th, 2013
Joyce Sobatta
Founder and Owner at Aromatherapy Nature’s Way LLC and Healthy Girls Breast Oils

STRENGTHEN YOUR SUPPORT SYSTEM: BETTER, STRONGER, HEALTHIER BONES
Feb. 5th, 2013
Dr. Edwards from Stucky Chiropractic

PREVENTION IS PRICELESS
Feb. 13th, 2013
Jered Kuehn, Physical Therapist from Optimum Therapies

CURIOSITY ABOUT ACUPUNCTURE?
February 20th, 2013
Diane Omtvedt, RN/Acupuncturist from Root and Branch Acupuncture Center

VIEW FULL CLASS DESCRIPTIONS AND SPEAKER INFORMATION AT
www.uwec.edu/recreation.

No pre-registration is required and classes are also open to the community!

CONTACT: Brittany Matti at mattibn@uwec.edu.

SMALL STEPS

Follow Up

In the October Wellness Newsletter, we showcased “Small Steps to Wellness” and examples of simple ways people can enhance their health and well-being through small changes. Here are what some members of the campus community are doing:

LAURA MANYDEEDS FROM HUMAN RESOURCES:
“Every single day I go online and find one or more motivational quote(s) that inspire me, whether it’s in a fitness or emotional way. Then, I post it to my Facebook page or Pinterest account, so I will always have it to look back on. I do this so I can have a daily reflection on something that has captured my interest, and then I share it online so others can see it as well. Happiness and motivation is a choice and by reading motivational quotes – it embraces those amazing moments that are near to your heart as well as push you through those ‘not so amazing’ moments!”

FRANNY MEYER-BRIGGS FROM THE DEPARTMENT OF POLITICAL SCIENCE:
“Every morning, I begin my day by sitting quietly in my Buddha Lounge (an extra bedroom I recently redecorated with a Zen-like theme) with only candlelight and a cup of coffee. Taking time to meditate and greet the day quietly really helps me to be more positive throughout the day. I also believe in getting at least thirty minutes or more of exercise every day and eating healthy. I’m currently taking Donna Sauter’s Yoga Fitness class and I really enjoy it!”

The UW-Eau Claire Wellness Committee supports nurturing human resources by encouraging a workplace culture that supports healthy lifestyle choices.