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!**

**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:** Ann Statz

**DEPARTMENT:** The Office of Research and Sponsored Programs

**WELLNESS CHANGE:** Weight Loss

**WHAT MOTIVATED YOU TO MAKE THIS CHANGE:** Over the years, my knees deteriorated to where I was in constant pain and needed knee replacement surgery. When I went to the surgeon, he told me that unless I lost weight he couldn’t guarantee a successful surgery. After seeing my sister struggle with this same surgery, I knew I had to do something. With the encouragement of my husband, we decided that together we would make a lifestyle change.

**TELL US ABOUT YOUR CHANGE AND HOW YOU ACCOMPLISHED IT:** My husband and I enrolled in a weight loss program that included meal replacement bars and shakes for two meals and a low carb/high protein meal for the third meal. We incorporated exercise by starting out very slowly and increasing gradually. At times, it was very difficult to be on such a restrictive diet. We could not have accomplished this without the support of each other, and the many friends and co-workers who gave praise and encouragement throughout this time. By the end of the program, I had lost 90 pounds and my husband lost 60 pounds. While my husband has met his goals, I’m still working on mine. It’s a lifestyle change in which we make healthier food choices, maintain portion control and exercise.

**WHAT WELLNESS BENEFITS HAVE YOU EXPERIENCED BECAUSE OF THIS CHANGE:** My goal was to lose weight so that I could have successful knee replacement surgery. As I lost weight, I experienced less pain and more mobility in my knees. This summer I actually was able to ride a bicycle down the road a mile and back — something I couldn’t do a year ago! While I still will need the surgery, I am able to postpone it so that I can work on building up the knee muscles. The unexpected benefit was when I had my yearly physical at the doctor’s office. My blood pressure and cholesterol readings were normal so I was able to be taken off those medicines. Even my lungs have gotten stronger, allowing me to be taken off the asthma medicines too.

**HOW LONG HAVE YOU MAINTAINED THIS CHANGE:** I have been off the weight loss program for 3 months and my husband has been off the weight loss program for 6 months.

**WHO ARE YOU NOMINATING AS NEXT MONTH’S SPOTLIGHT EMPLOYEE:** Mickey Kolis

**“WOMEN’S HEALTH” SEMINAR**

**NOVEMBER 14TH**

5-6PM | FREE!

Dr. Erica C. Barrette from Sacred Heart’s Obstetrics and Gynecology department will present on “Women’s Health” in McPhee 106. No pre-registration is required. For more information: http://www.uwec.edu/Recreation/activities/wellness/index.htm

**“WEIGHT OF THE NATION” DOCUMENTARY**

**OCTOBER 29TH**

6:30-8:00 PM | WOODLAND THEATRE, DAVIES CENTER

This HBO documentary focuses on our nation’s obesity epidemic. The purpose is to take an in-depth look at obesity followed by a discussion about how we can work to reduce obesity rates in our community. Free healthy snacks will be provided. For more information: http://www.uwec.edu/CE/programs/WeightOfTheNation.htm

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**Live Well!**

**CONTACT:** BRITTANY MATTI | 715.836.4010 | MATTIBN@UWEC.EDU
Starting the goal making process for a well lifestyle can be a seemingly huge endeavor. The concept of wellness encompasses 7-dimensions (Social, Physical, Environmental, Occupational, Intellectual, Emotional, and Spiritual). Where does one start? There are so many ideas, articles, research, programs, etc. promoting positive changes in health and well-being that picking a direction can appear overwhelming. The truth is, ANY positive change is good change.

Making one small, long term change can put you in the right direction to a life of healthy choices and healthy change. The Wellness Committee asked a few members of the campus community what small changes they have made in their lives that have helped them achieve a well lifestyle:

**TRACY YENGO** from the Kinesiology Department:
“Every day I have to greet at least one stranger and make eye contact (sharing with them a genuine smile). We are put here on earth to make it a better place!”

**KATY RAND** from Activities, Involvement and Leadership:
“I keep track of at least 3 things that make me smile and 3 things that made that day great every day.”

**QUINCY CHAPMAN** from Housing and Residence Life:
“For the first 42 years of my life, my dentist has harped on me “you should floss more, you should floss more.” Finally last year, my dentist said I should try a dental pick instead of floss, because I can use it while reading, driving or watching TV. I find that if I keep a set of picks in my driver’s console, I can get my daily “flossing” done while at traffic stops. My gums have never been healthier (and it amuses the heck out of fellow drivers)!”

Here are a few more examples:
- Commitment to a bed time that allows you to obtain your optimal sleep time
- Replacing one sugary drink each day with water
- Walk 30 minutes once per day
- Meditating 5 minutes each day
- Writing down 1 thing you are grateful for every day
- Giving yourself a 3 minute facial massage each day
- Putting on sunscreen every morning
- Eating at least one healthy meal per day
- Read for pleasure 20 minutes per day
- Take back your lunch
- Do one logic puzzle each day
- Floss once per day
- Connect with a family member or friend at least once a month
- Hug your partner/children at least once a day
- Schedule at least 30 minutes of personal “you” time every day
- Attend an educational workshop/seminar once per month
- Volunteer in your community 4 times per year
- Facial steams or clay masks
- Drinking herbal tea
- Going hiking
- Taking a break from Facebook or the internet
- Journaling
- Attending a yoga class
- Limiting sugar
- Going swimming

Please e-mail Brittany Matti, mattibn@uwec.edu, your “Small Step to Wellness”. The wellness committee would like showcase how UW-Eau Claire employees are taking small steps to improve their personal health and well-being!