Health & Wellness

December 21, 2017

Welcome!

Be healthy! Join any of our Wisconsin Union Health and Wellness events that can help you achieve your goals and be more healthy and well, while here in the Wisconsin Union and in life.

Free Group Fitness at the Nat

Warm up with a lunch time workout for free at the Natatorium every Tuesday and Thursday at 12:05 PM. No group pass is required!

January 2nd to January 18th

Financial Fitness Program

For Wisconsin State Employees

Take control of your financial well-being with this free program offered from the Department of Employee Trust Funds. Complete a brief survey to get started, and get instant access to financial tools and an advisor to help improve your financial well-being. Check out this free program here!
FREE MEDITATION
Join Etsy Dinur in this free class to relax and unwind during this quiet time.
January 23rd, 2018 at 2:00PM
See TITU at Memorial Union for details

Encourage Others
As the semester is coming to an end, and we might feel busier than ever but it's important we motivate each other every day. Some simple, but impactful actions to try out are:

- Writing a simple thank you note
- Saying great job after a presentation
- Allowing time to listen to other's work
- Texting a quick inspirational message throughout the day

A little positive reinforcement can go a long way during this busy season!

Click to Access the Union Health and Wellness Calendar for details on events

The 1,2,3's of Catching Your 777's
UHS Meditation
Wednesday's 12PM-1PM
Union South
For UW students and staff, take a study break and join others for free meditation at Union South. No registration required!
See TITU for room assignments

Catch Your ZZZ's
Don't let the stress of not being able to fall asleep keep you up at night! Rob Sepich of UHS offers three easy tips on how we can make sure we get enough sleep in this article, and make sure that sleep isn't one of the stresses we worry about.

Click the picture to read the full article!

Easy at Work and Home Work Outs Below

3-minute seated Yoga
www.nhs.uk
NHS choices
OFFICE-FRIENDLY WORKOUT @ darebee.com
30 seconds each

Glutes, Quads, Hamstrings, & Calves
workout by DAREBEE @ darebee.com
40 side leg raises
40 front raises
40 calf raises

Chair abs
DAREBEE WORKOUT @ darebee.com
10 crunches
10 side-to-side knee tucks
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