

From: **JIM ROGERS** jim.rogers@wisc.edu
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To: UnionStaff union-staff@lists.services.wisc.edu, Wisconsin Union Student Staff union-students@lists.services.wisc.edu

JR



Wisconsin Union
Experiences for a lifetime

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 Natatrouim every Tuesday and Thursday at 12:05 PM. No group pass is required!

January 2nd to January 18th

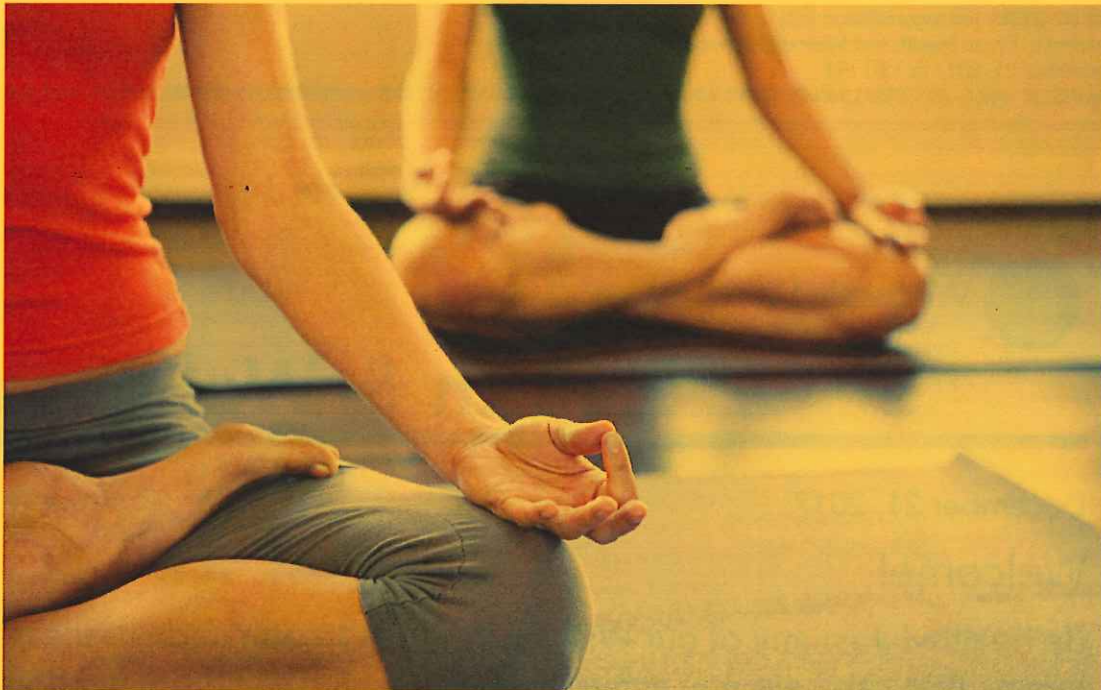


Financial Fitness Program

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 Calender for details on events



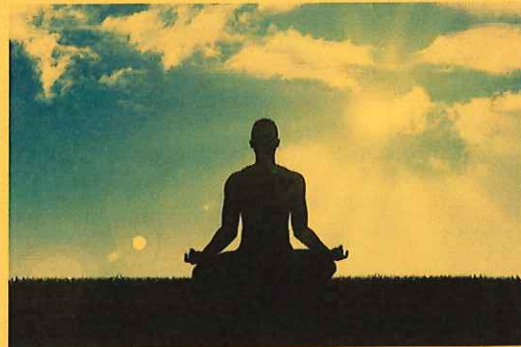
**The 1,2,3's of
Catching Your 777's**



Catching 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!



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

Easy at Work and Home Work Outs Below

3-minute seated Yoga
 OFFICE-FRIENDLY WORKOUT @ darebee.com
 30 seconds each

www.nhs.uk
NHS
 choices

body fold
 stretch up
 alternating side stretch
 alternating lorus twist
 alternating lift & reach
 alternating ball lorus

Glutes, Quads, Hamstrings, & Calves
 workout by DAREBEE @ darebee.com

40 side leg raises
 40 back kicks
 40 calf raises

chair abs
 DAREBEE WORKOUT @ darebee.com

10 crunch kicks
 10 side-to-side knee sweeps

office

DAREBEE WORKOUT @ darebee.com
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 knee-to-elbows



10 leg raises



10 cycling crunches



10 sitting twists

20 chair squats



20 chest squeezes



40 criss-cross arms

40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends



Facebook



Events Calander



Email



Twitter

Health and Wellness Coordinator: Jim Rogers jim.rogers@wisc.edu

Health and Wellness Marketing Coordinator: Madison Yachinich myachinich@wisc.edu

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