Know Your Numbers Health Screening (BEUHS619)
Wed 9/16, or Fri 9/18, 9/25; 7:30 – 10:00 am, Haas Club Room
Appointments offered every 15 minutes.

Know Your Numbers is a voluntary, fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, weight, body mass index (BMI), and waist circumference. Receive your confidential results (seen only by Health*Matters staff) and resources for follow-up immediately. Plan for 20-30 minutes to complete the screening. Schedule your appointment online.

Living Well Series
The Living Well Series provides the educational foundation to a healthy lifestyle, conveniently offered to follow Know Your Numbers.

Strategies for Making Successful Lifestyle Changes
Recorded Webinar: uhs.berkeley.edu/facstaff/programs/wellness.shtml
Want to make healthy changes in your life but unsure how to get started? This webinar will give you tools and knowledge to understand your readiness to change, create SMART goals, find motivation and maintain a healthy lifestyle.

Nutrition Essentials for Healthy Living
Recorded Webinar: uhs.berkeley.edu/facstaff/programs/wellness.shtml
Gain an understanding of the way foods you eat influence your body and the how this contributes to health and disease. This webinar will also give you practical tools for identifying healthier foods, building nutritious meals, and keeping portions in check.

First Steps into Functional Fitness (BEUHS618)
Fri 10/16 or 12/4; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Cori Evans, MA, NSCA

Get Fit in 7 Minutes (BEUHS652)
Fri 10/30 or 11/13; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Cori Evans, MA, NSCA

I find this program to be extremely beneficial given the information provided as part of one's health screening. This is an excellent program that all UCB staff should take advantage of and participate. It was great to learn more about what I could do improve my lifestyle to better my health and well-being.

I enjoyed Know Your Numbers because it was (a) affordable, particularly given the light breakfast provided and (b) informative about the health metrics we don’t see every day (blood pressure, cholesterol, blood sugar), and (c) clear about how to interpret that information holistically.

Learn more and register at uhs.berkeley.edu/healthmatters (Select Schedule of Programs)