About Health*Matters

Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics @Work, Occupational Health Clinic, and Work/Life.

Active @ Work

Learn why it is important to interrupt sitting for long periods, and how simple it is to take moving breaks every hour to help you with energy, focus and improved health. This workshop includes strategies for movement breaks, exercises to improve posture and core strength, basic office ergonomics principles and additional resources.

Get Fit in 7 Minutes

Scientifically proven to provide similar health benefits in less time, exercisers of all levels can come and learn how High Intensity Circuit Training (H.I.C.T.) in just 7 minutes using your body weight, a chair and wall, can help you maximize your time and workout space. Comfortable clothing and tennis shoes recommended.

Sugar Savvy Presentation

A condensed, 15-minute version of the Sugar Savvy Webinar, ideal for staff meetings. This presentation includes an interactive activity to gauge individual’s sugar consumption, a mini poster with an action plan and great resources to remain Sugar Savvy.

Leading a Healthy Lifestyle

This workshop is designed to be offered as a follow-up to the Know Your Numbers Health Screening program. Employees will learn how the foods you eat influence your body and how this contributes to your health and disease risk. This workshop will give you practical tools for identifying healthier foods, building nutritious meals and keeping portions in check.

Additional Active @ Work Programs

Instant Recess

Activity Lifestyle
An active lifestyle means 30 minutes of activity most days of the week for overall health improvement and weight maintenance. You can fit this 30 minutes of fitness into your day by building on activities such as:

- Wearing a pedometer to reach the goal of 10,000 steps a day.
- Walking 15-20 min after you eat lunch.
- Taking the stairs regularly.

Active @ Work offers the following workshops and classes:

Dancing for Fun and Fitness (BEUH5605)
Fri 2/12, 3/4, 4/8, 5/20; 12:10-1:00 pm, 251 Hearst Gym

First Steps to Functional Fitness (BEUH5618)
Fri 2/19 or 3/11; 12:10-1:00 pm, 251 Hearst Gym

Resistance Band Exercises For Small Spaces (BEUH5657)
Fri 2/26; 12:10-1:00 pm, Tang Ed Center

Walk to SK Workshop (BEUH5656)
Thu 3/31 or Tue 5/3; 12:10-1:00 pm, Edwards Track

Register at:
uh.s.berkeley.edu/facstaff/healthmatters/act6e0rcwork.shtml

Instant Recess

Additional campus fitness resources:

Health*Matters Walking Group
Meets every MWF, 12:10 pm at the Campanile

Recreational Sports
carden.berkeley.edu

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Wellness Ambassador Action

Scheduling

- Contact Cori Evans at 510.642.8410 or corievans@berkeley.edu.
- Reserve appropriate space for the workshop with a capacity to accommodate 5 – 30 employees. Lecture-style set-up preferred, but will vary dependent on workshop.

Communication and Workshop Promotions

- Post and distribute publicity announcement for workshop to all faculty and staff a minimum of 3 weeks prior to the date of the workshop.
- Review, edit and distribute workshop flyer, including registration information.

Logistics

- All publicity materials will be provided by Health*Matters.
- Enrollment for workshops will be conducted through the UCB Learning Center and will be managed by Health*Matters.
- Coordinate with Health*Matters to assess media needs and available equipment.
- If possible, assist with handouts and attendance on the day of the workshop.

“MAKING THE HEALTHY CHOICE THE EASY CHOICE.”

Health*Matters
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