



Be Well at Work Wellness - Program Workshops

About Be Well at Work – Wellness Program

Be Well at Work - Wellness 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. These workshops include 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.



Get Fit in 7 Minutes

Sugar Savvy Department Presentation



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| <p>1 teaspoon of sugar = 4 grams</p> | <p>Daily Limit for Added Sugar:</p> <p>Men: 9 tsp Women: 6 tsp</p> | <p>The average adult consumes almost THREE times the recommended added sugar limit every day</p> |
| <p>Added sugar is hiding in 74% of processed foods</p> | <p>Drinking just one can of soda every day can INCREASE your risk of dying from heart disease by almost 1/3</p> | <p>Liquid sugar is the LARGEST source of added sugar in the American diet</p> |
| <p>Too much fructose, found in soda, sports drinks, and many processed foods, can damage your liver. Just like too much alcohol.</p> | <p>When you consume sugar as a beverage, you don't feel as full</p> | <p>In 2012, Americans consumed about 12 times as much sugar as they did in 1822</p> |

Wellness Ambassador Action

Scheduling

- Contact **Cori Evans** at 510.642.8410 or corievens@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 Be Well at Work – Wellness Program (*formerly Health*Matters*).
- Enrollment for workshops will be conducted through the UCB Learning Center and will be managed by the Be Well at Work – Wellness Program.
- Coordinate with the Be Well at Work – Wellness Program 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.”**



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