



WORKSTRONG

Overview

WorkStrong is a comprehensive UC-wide program that provides health and wellness services to UC employees. The program is designed to reduce the risk of injuries and to promote overall health and wellness. The program is free of cost after referral from UC Berkeley's Occupational Health Services.

Services Provided

Wellness Consultation

Meet with the Clinical WorkStrong Coordinator to develop a personal plan of action including evaluation of current wellness behaviors, recommendations for healthy lifestyle changes, and referral to campus wellness programs.

Fitness and Rehab Training

Receive personal training from a certified health coach. Focus on fitness and positive change strategies to help you function better at work and learn to use exercise as a stress reduction strategy. Flexible hours available before work, during lunch, and after work.

Nutrition Counseling

Receive nutrition counseling with a Registered Dietitian. You will work together to set goals and develop a personalized plan that fits into your own lifestyle, helping you manage chronic conditions and lead a healthy life.

Program Benefits

- Fitness training sessions with a certified health coach
- One-on-one sessions with a Registered Dietitian
- 6 months of access to UC Berkeley's Rec Sports facilities
- Pre and post body composition assessments

Learn more

Learn more at uhs.berkeley.edu/workstrong

For questions about WorkStrong, contact **Jennifer Guerra** at jenniferguerra@berkeley.edu or (510) 664-5133.