Get Ready for your Wellness Bags

Wellness Ambassadors will receive their Wellness Bag for their group when they attend the first training on Thursday, September 10 in the Hamilton Room, Heitman Staff Learning Center. This event will be from 12:00-1:00 and we will serve lunch. We will send out an invite and RSVP request soon. Those who cannot attend can have their bags shipped. Items included in the large duffle bag include; tennis balls for myofascial release (as well as play), 4-square balls, chalk, rocks for hopscotch, cones, jump ropes, sunscreen, resistance bands and even coloring books to help reduce stress. We will of course provide instruction, both at the training and with videos, on how to use all of these tools to improve wellness in your group!
Article of the Month
Sugarbelly
Discusses the different types of sugar and their effects on our bodies, especially their contributions to visceral belly fat which has increased health consequences. Includes information about the types and amounts of sugars best consumed to decrease the negative effects of sugar on our bodies.

Activity of the Month
Defeat the Sweets
21-Day Sugar Challenge
How much sugar do you eat?
Most individuals are consuming 22-28 teaspoons of added sugars a day, more than double the recommended maximum of 6 tsp. (100 calories) for women and 9 tsp. (150 calories) for men. Take the 21 Day Sugar Challenge to help you kick the sugar habit and feel better, too! This program was created by my wellness colleagues at UC Berkeley Tang Center. On their webpage you will find resources including a webinar, specific actions and targets, a personal success tracker, and links to do your own personal or group challenge. No reason to reinvent the wheel--thanks Berkeley!

App of the Month
Optimism is a highly rated iPhone app that asks you to rate your mood, how well you are coping, your sleep, your exercise and medicine taken. Beyond inputting this “Core Data,” the app gives you other items to track such as “Stay Well Strategies” for marking what is working (e.g. meditation), “Triggers” to mark what hurts your mood (e.g. relationship problem) and “Symptoms” for inputting specific feelings or negative mental health indicators.

Link of the Month
Dishing Up Nutrition
Podcasts
Website of the Month

Greatist

This is my favorite health and wellness site. If you dig around you will see that I use it to send many things on to you! If you sign up, you get a daily email that I find is one of the few I receive that I read and almost always find something relevant. Read ABOUT Greatist to see what it's all about.

Search around the podcasts to find one that might interest you. Some good ones are: Why Can't I Give up Sugar?, The Anxiety-Gut Health Connection, Why Am I Tired All the Time, Developing an Attitude of Wellness and many, many more! At the very least, I find them useful for falling asleep on airplanes!

Summer Wellness Calendar...

Grab your group and go!

Davis Campus:

- Fun with Zumba: August 13, 12-1, Student Community Center, MPR
- Social Media...A Career Development Tool: August 27, 12-1 Hamilton Room HSCL
- Stress Release: September 17, 12-1, Student Community Center MPR
- LEARN MORE

UCDHS Sacramento Location:

- Meditation: August 17, 12-1, Glassrock, 7106
- Reiki: August 24, 1-3, Main Hospital, Lower Basement, ASCU-G344
- Local Agritourism: August 25, 12-1, FSSB 2020
- LEARN MORE

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