Congratulations Ambassador!

Now what?

Our pilot Wellness Ambassador program has been approved and funded so we have ordered your t-shirts and activity bags. I've been a little slow sending this first newsletter because I was not sure how I wanted it to function. But, something is better than nothing so here is my first attempt (beta test). It can and likely will change as time passes. Let me know what you like and what is missing. Your toolkit and wellness bag of tricks are coming--read below for the first training date!

Link of the Month

88 Snacks Under 100 Calories
App of the Month
Some people prefer the simplicity of a pedometer over a full-service tracking device. Unfortunately, pedometers break easily. Try Moves—a free app that is essentially a simple pedometer (of course you have to carry it around and charge it each night). This is a good way to get a personal baseline of what you naturally walk in a day/week and can help identify behaviors that maximize walking. I walk my dogs in the orchards every day, but was surprised to find I walked significantly more the day I spent at the mall with my teen! Who knew? If enough people start using the app, I will set up a competition and use it for an Activity of the Month.

Activity of the Month
15-Day Veggie Challenge
75% of Americans don't get their recommended daily intake of fruits and vegetables. Here's a good visual as to how much you should have each day. Print the double sided PDF I have sent the Wellness Ambassadors to do a work-site challenge to increase that fruit and veg intake! Each participant keeps track of their daily intake on the 15-day tracker and see who can meet the minimum! You'll find some fun tips on increasing fruit and vegetable intake on the back of the tracker. On October 15th we will be having an interactive (with food!) lunchtime Brown Bag on making easy healthy lunches for you, your family, and with your group.

Article of the Month
Stanford Study Finds Walking Improves Creativity
Already shared by one of my ambassadors...thanks Trina at Financial Aid!

Website of the Month
Tiny Buddha
Tiny Buddha is not a site about religion, it's about reflecting on simple wisdom and learning new ways to apply it to our complex lives.
Mark your Calendar for Training

Our first Wellness Ambassador Training will be Thursday, September 10, from 12:00-1:00 in the Hamilton Room, Heitman Staff Learning Center (by the Silo). A healthy lunch will be served and you will be given your Wellness Ambassador bag(s) and toolkit for your group. We will briefly review the program and go over how to use everything in your bag. (we will provide more instruction online) You will also receive a goodie bag with your Wellness Ambassador t-shirt. If you are unable to attend, you can pick up your items any time at our office (same location) or I can send them to our remote sites.

Summer Wellness Calendar...
Grab your group and go!

Davis Campus:
- Sustain your Vitality with Feldenkrais: July 23, 12-1, Student Comm Center MPR
- Fun with Zumba: August 13, 12-1, Student Community Center, MPR
- Social Media...A Career Development Tool: August 27, 12-1 Hamilton Room HSLC
- Stress Release: September 17, 12-1, Student Community Center MPR
- LEARN MORE

UCDHS Sacramento Location:
- Meditation: July 20, 12-1 Glassrock, 7106
- Smart Smoothies: 12-1, Cancer Center Auditorium, 100
- 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