

EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 1, ISSUE 1

August 2017 Newsletter



Worksite Wellness



Brown Bag Speaker Series



Steps to Better Health



Employee Health Committee

Worksite Wellness



The worksite Wellness Program was established to foster the adoption of a wellness culture in order to promote the benefits of improved health, reduced medical expense, heightened personal performance, reduced absenteeism, and improved employee satisfaction. We encourage staff and faculty to go to <https://msu.edu/student-life/wellness-center/mission> to download the form and take control of your health.

You are eligible, with supervisor approval to workout three times a week for 30 minutes. All time must be approved.

You also have the opportunity to earn 8 hours of vacation time. If you fill out the Worksite Wellness Form, get your yearly physical check-up, and turn your paperwork into the Wellness Center. Please email or call Angie Reay for any questions.

Brown Bag Lunch Series



The Employee Health Committee is pleased to have speakers present to the faculty and staff community this fall. Please join us from 12:00-1:00pm each day. Please bring your lunch and enjoy our speakers.

September 13-CSC Cheyenne John Fritzch- Physical Therapist Rolling Meadows

October 11-Wellness Center Meagan Moore-Physical Therapist North Texas Rehab

October 25- CSC Cheyenne Vicki Boyle-Nutritionist United Regional Health Care System-Stress and Mindful Eating

Steps to Better Health-Karen Collins



We all live busy lives and sometimes we let our health take the backseat in our ride of life. However, it is important that we take care of ourselves. It is never too late or too early to improve your health. Taking gradual steps to better your health can be simple. Here are some steps you can take to improve your health.

1. **Drink Plenty of Water**-Aim for 64 ounces of water per day. Drinking plenty of water provides many health benefits to your skin as well as your digestive and circulatory systems.
2. **Snack Smart**-Keep healthy snacks on hand so you are not tempted. Fresh fruit, low-fat cheese, almond butter, whole grain crackers, almonds, Greek Yogurt are some great choices.
3. **Sleep**- Try to get 7-9 hours of sleep per night. Studies have proven the connection between sleep deprivation and weight gain. Getting sleep will help you not feel sluggish during the day.
4. **Get Moving**-Aim for 20-30 minutes per day. Any physical activity will help. Walking is a great start. We have a great Wellness Center that is free to faculty and staff, utilize their services.
5. **Write it Down**-Track your food intake through an app like MyFitnessPal to hit your goals.



Employee Health Committee

The Employee Health and Fitness Committee is to plan and organize health and fitness programs for faculty and staff. The committee has three faculty and staff members. If you ever need anything or have suggestions for the committee, please feel free to reach out to any member. Angie Reay-Chair, Betty Bowles, Tiffany Kosse, Dail Neely, Karen Polvado, Karen Collins, and Jessyca Wagner