Worksite Wellness

Our Worksite Wellness Program promotes the benefits of improved health, reduced medical expenses, heightened personal performance, reduced absenteeism, and improved employee satisfaction.

Go to the Wellness Center Page for more information.

You need the following documents for your 30-minute worksite wellness.

- Health Risk Acknowledgement Form
- Physical Fitness Readiness Questionnaire
- Release of Liability
- Worksite Wellness Form

You can earn 8-hours of vacation time by getting your yearly check-up.

- You need a doctor’s note stating you have been seen for your physical.
- Worksite Wellness Leave Form

Sleep Health

According to the CDC, about 1/3 of US adults report they get less than the recommended amount of sleep. Adults should get around 7+ hours each night for optimal health. Sufficient sleep is essential for a healthy lifestyle.

Consequences of not getting enough sleep?

Diabetes, cardiovascular diseases, stroke, obesity, and depression.

Tips for Better Sleep…

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phone at least 1 hour before bed.
- Avoid large meals, caffeine, and alcohol before bedtime.

Visit the Centers for Disease Control and Prevention for more info.

Summer Treat: Frozen Yogurt Pops

Ingredients

- 1 Cup Yogurt-Plain
- 1 Medium Banana
- 1 Cup- Mixed frozen berries
- 1/8 Cup- Honey

Directions

Toss all ingredients into a blender and puree. Divide evenly between paper cups. Cover with aluminum foil and pierce foil in center with popsicle sticks to hold sticks in place. Freeze for 4-5 hours or until solid.

Contact Info: Angie Reay (angie.reay@msutexas.edu)