

UCR Wellness Programs



- Wellness Information
- Health Assessment
- Health Screenings
- 1:1 Consultations
- Educational Sessions
- Behavior Change Programs
- Wellness Challenges
- WalkingFit
- MobileFit

Creation of a Healthy Culture...

- Physical Activity
- Nutrition
- Tobacco Cessation
- Cholesterol
- Blood Pressure
- Diabetes
- Cancer Prevention
- Weight Management
- Stress Management
- Parenting and Pregnancy
- Back Care
- Heart Disease
- And more.....

Wellness is a journey, not a destination!



“As we embark on the path to preeminence, UCR is committed to a campus culture that promotes wellness through healthy lifestyles that enhance the quality of life for our faculty, staff, and students”.

-Timothy P. White, Chancellor

Partners

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Campus Wellness Oversight Committee (CWOC):

- Kristie Elton, Ergonomics
- Lindy Fenex, Student Recreation Center
- Nini Furst, Workers' Compensation
- Cheryl Garner, Dining Services
- Mary Johnson, Benefits
- Neal Malik, UC Workstrong
- Marsha Marion, Disability Management
- Jen Miller, The Well
- Sheila Morris, School of Medicine
- Gustavo Plascencia, Dining Services
- Frances Rave, Workplace Health & Wellness
- Victor G. J. Rodgers, Bioengineering
- Michelle Sansone, Student Recreation Center
- Ken Stewart, Campus Health Center
- Beiwei Tu, Environmental Health & Safety
- Tim Willette, Finance & Business Operations

Live fit, live Well

For Faculty and Staff
Employees



What is Wellness?



It is a lifestyle. A way of living that encourages good physical and mental health. It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.

Vision and Mission

Vision: To have a campus community engaged in personal wellness and a vibrant, healthy, balanced lifestyle.

Mission: To provide integrated programs and resources that promotes quality of life and fosters a culture of health and wellness.

The UCR Wellness Initiative is a collaborative partnership of campus resources with the goal of helping the campus community along the path to a vibrant, healthy and balanced lifestyle.



7 Dimensions of Wellness

Emotional Wellness

Being emotionally well is more than just handling stress.

- Do you balance work, family, and friends, and other obligations?
- Do you set priorities?



Environmental Wellness

Leading a lifestyle that is respectful to our environment and minimizes any harm.

- Do you recycle?
- Do you engage in environmentally responsible activities?

Intellectual Wellness

Intellectual wellness is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills.

- Do you try to learn something new everyday?
- Do you talk to others who have different interests and opinions?



Occupational Wellness

Occupational Wellness is the ability to achieve a balance between work and leisure time.

- Do you find satisfaction in your job?
- Do you have a manageable workload?



Physical Wellness

Optimal physical wellness is developed through the combination of physical activity and healthy eating habits. Physical wellness is also concerned with developing personal responsibility for your own health care.

- Do you know your weight, blood pressure, cholesterol, and other important health numbers?
- Do you have an established exercise routine?

Social Wellness

Social Wellness refers to your ability to interact with the people around you.

- Do you plan time to be with family and friends?
- Do you enjoy the time you spend with others?



Spiritual Wellness

Spirituality is a personal matter involving values and beliefs that provide a purpose in our lives.

- Do you make time for prayer, meditation, or personal time?
- Do your values guide your decisions and actions?

