

# UCR

## UCR Faculty and Staff Wellness Program

Presented by:

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# Workplace Health & Wellness

*“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.”*

*Kim A. Wilcox, Chancellor*



Wellness



Ergonomics



Workers' Compensation



Disability Management

# UCR Wellness Programming

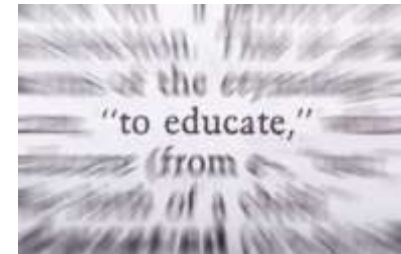
*For Faculty and Staff*



**Behavior Change Programs**



**Wellness Workshop Series**



**Educational Sessions**



**Wellness Information and Resources**



**Health Screening**



**Consultations**



**Health Assessment**

# Current Wellness Programs



WalkingFit



MobileFit



Wellness  
Ambassador  
Program

# WalkingFit Faculty Challenge

- › November 1, 2014 – June 30, 2015
- › Teams will compete for highest average # of steps
- › Receive a free pedometer and milestone prizes
- › Monthly standings distributed
- › Walking groups and fun, active, activities!
- › Contact Cindy Palmer, Executive Director of Academic Senate to join your team!

## UC goes Smoke/Tobacco-Free... January 2014!

- No smoking, use of smokeless tobacco, e-cigarettes, or any unregulated nicotine products allowed on UC owned or leased property.
- Cessation Support and Resources
- Communications
- Education/Trainings

[TobaccoFree.ucr.edu](http://TobaccoFree.ucr.edu)





# Looking for a Few Good Faculty

- › Campus Wellness Oversight Committee (CWOC)
- › Wellness Ambassador Program



# Where Do I Begin?

- › Visit our website – [www.wellness.ucr.edu](http://www.wellness.ucr.edu)
- › Join our programs
- › Create a wellness action plan
- › Collaborate to create a healthy working, teaching, and research environment
- › Practice healthy habits daily
- › Communicate health message to your colleagues and students
- › Be a healthy role model!



# More Information on Wellness



**wellness.ucr.edu**



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