The Carrot

WELLNESS NEWSLETTER
Free Biometric Health Screening Available for UST Employees On-site at Health Services

If you missed the on-site screening clinics in March, you are still able to schedule a free confidential biometric screening at Health Services.

Appointments can be scheduled at MyHealthPortal (https://stthomas.studenthealthportal.com), or by calling Health Services at (651) 962-6750.

Appointments are available between 8:00-9:00am, Monday-Friday. (Fasting is required.)

Earn at minimum **500 Vitality Points** by engaging in this free, fast, and confidential screening.

What Does A Biometric Screening Measure?

Biometric screenings offered at the University of St. Thomas include total cholesterol, LDL, HDL, cholesterol ratio, triglycerides, blood glucose, blood pressure, height, weight and body mass index.

Results from your biometric screening can be found in MyHealthPortal, 1-2 business days after your appointment. Results can be printed, saved, or uploaded to Vitality in order to earn points or shared with primary care providers.

FARMERS' MARKETS

Farmers' Markets are great options to buy fresh and locally grown fruits and vegetables directly from the grower.

Living in the Twin Cities, we are lucky to have an abundance of markets right in our back yards.

To find a farmers' market near where you live, visit: www.minnesotagrown.com.

St. Paul Farmers' Market:
http://www.stpaulfarmersmarket.com/

Minneapolis Farmers' Market
http://www.mplsfarmersmarket.com/
Fitness Challenge Wrap-Up

Congratulations to those of you that participated in another successful Fitness Challenge! It was a close race this year, with the competition ending in a tie between UST and Augsburg.

This year’s 2015 Fitness Challenge had a total of 206 people registered, with an average of 150 participants logging their weekly points. UST averaged 9.15 points per week. Great job!

Participants that completed 6 or more weeks of the challenge received **350 Vitality Points**.

Participants that completed 5 or fewer weeks were awarded 35 Vitality Points per week completed.

- All points have been awarded. If you have any questions please contact hrwellness@stthomas.edu.

During Wellness Week, Run N’ Fun donated giveaways that we’ve raffled off to challenge participants. The prize winners and their prizes are listed below:

- Brent Farber: Run N’ Fun sweatshirt
- Jeremy Wiens: Run N’ Fun sweatshirt
- Marti King: Run N’ Fun socks
- Eric Larson: Run N’ Fun socks
- Kate Salvatore: $25 Run N’ Fun gift card
- Clark Gregor: $25 Run N’ Fun gift card

Complete List of Weekly Winners (35 Vitality Points):

- Week 1: Susan Anderson Benson, Holly Gainer, Stephen Laumakis
- Week 2: Andy Leet, Leslee Kakfa, Nathan Wunrow
- Week 3: Josha Layfield, Judd Berthiaume, Paula Benson
- Week 4: Kelsie Edwards, Steven Maurer, Jason Moldan
- Week 5: David Elstrom, Jason Cleereman, Tonia Peterson
- Week 6: Loreen Koneczny, Jim Brummer, Kristen Hatfield
- Week 7: William Barnes, Rich Carlson, Kristen Simon
- Week 8: Marti King, Douglas Toavs, Sheila Kaufer

Below are tips to keep moving and stay healthy in the coming months, or until the next challenge!

- Participate in Tommie Walkers, a walking club sponsored by the Wellness Committee which meets Wednesdays on both the St. Paul and Minneapolis campuses over the lunch hour.
  - Looking to become a member of Tommie Walkers? Email hrwellness@stthomas.edu.

**Other upcoming events:**

On campus

- Participate in UST’s second annual Lazy Triathlon. Communications regarding this event will be sent out via Newsroom in the coming weeks.

Off campus

- Participate in local events that include:
  - Foodie Four Mile—May 30
  - The Glo Run—August 29

The Twin Cities Area is home to a variety of fitness challenges and events. Check out some of the upcoming events and sign-up today!

- Color Dash 5K—June 4
  - [Sign up here!](#)
- Rollin’ Along the River—June 13
  - [Sign up here!](#)
- Red, White, and Boom, 5K and Half Marathon—July 3 and 4
  - [Sign up here!](#)
- The Glo Run—August 29
  - [Sign up here!](#)
ALL ABOUT VITALITY

Do You Know About the Vitality Program?

The Vitality Program is an online, interactive, best-in-class wellness program available to employees at no cost to them. Nearly one half of the University’s employees are currently participating in the Vitality Program and earning points by engaging in a variety of health and wellness activities. These points are translated into “Vitality Bucks” which participants can redeem at the Vitality Mall for gift cards, and fitness devices. The Wellness Committee is encouraging all employees to get involved in Vitality. Follow the link to the website to get registered today! www.powerofvitality.com

How Can I Earn Vitality Points?

- Play Vitality Squares – available the 1st of every month
- Complete annual VHR (Vitality Health Review)
- Complete annual “Mental Well-being” Review
- Routine doctor and dentist visits
- Get a flu shot
- Utilize a Health Calculator on Vitality
- Update email address on Vitality
- Attend on-site education courses offered through the Leadership Academy
- Participate in on and off campus events – 5KS, bike events, triathlons, charity races
- Complete the PAR (Physical Activity Review)

Physical Activity Review (PAR)

Also new to Vitality is a health review feature, Physical Activity Review (PAR). PAR is worth 250 points and can be taken once every program year. This is also another great way to jumpstart points and move up to the next membership level!

Wellness Rebates

The Smoking Cessation rebate will reimburse members up to $200 for participating in a qualified smoking cessation initiative. It covers counseling programs and all FDA approved medications prescribed by your doctor.

The Weight Reduction rebate reimburses members up to $200 towards participation in an approved program. To qualify for this rebate, participants must have a starting BMI of 30 or more documented by Vitality Check. A program will qualify if it includes a series of in-person meetings. If you meet the requirements above, enrollment in Weight Watchers at Work would qualify for a Weight Reduction Rebate.

Get Educated

Vitality offers a number of nutrition and exercise courses, calculators, and webcasts to enhance members’ knowledge of every day health and fitness. Looking to sign-up or register for a course? It’s easy! Simply log in to Vitality, and click on the Get Educated tab. Once you’ve found the Get Educated tab, there are a variety of options to choose from, depending on your preference.

- Courses: Register for online Nutrition Courses such as: Demystifying Fats, Sugars, and Salts; Healthy Eating In A Modern World; and Eating to Boost Energy Levels
- Calculators: Take a variety of Health Calculators to earn Vitality Points—Are you at risk for a heart attack? Are you at risk for osteoporosis?
- Conversations: Engage in online conversations such as Beta-Blockers to Prevent Another Heart Attack, Dealing With Stress, and Getting Active
- Health FYI’s: Register for a Vitality FYI (webcast)—topics change every month (earn 50 points per webinar!)
- Learning Center: Learn about a variety of illnesses and health related issues that include Cancer, Lungs and Airways, Teen Health, and many more!
WELLNESS SPOTLIGHT

Benefits of Yoga and Meditation

Yoga and meditation are known to improve overall health and well-being by bringing peace and serenity to mind, body, and spirit. Today’s fast-paced society is in need of meditative and other healthful techniques in order to rid our communities, and people of the stressors felt in every day life. It’s inevitable that small amounts of stress are prevalent in all our lives, but how we respond, and cope with those stressors, impacts our health and well-being. One of the best ways to combat stress in our lives is through yoga and other meditative practices.

According to HealthyLiving.com, yoga and meditation aid in stress management, increase flexibility, provide emotional stability, while also boosting self-esteem, lead to better eating habits and healthy diets, and improve overall health. Practicing yoga on a regular basis helps lower stress responses in the body, decreasing one’s chances of developing a stress-related illness such as high blood pressure or cardiovascular disease. Yoga aids in flexibility by allowing individuals to rid themselves of aches and pains felt at work due to a sedentary work style. Evidence also suggests that yoga aids in an emotional boost by providing a general feeling of well-being. While at work, simply take ten minutes to meditate and reflect on that day and tasks at hand and allow yourself to become detached from your current work duties. This will help you to come back to work feeling more relaxed and energized.

Interested In A Yoga Studio and Offerings Near You?

Click on any of the links below to learn more about yoga classes offered at the following sites.

- Tula Yoga and Wellness
- Bliss Yoga Studio
- Yoga Center of Minneapolis
- St. Paul Yoga Center

AARC Hosts Weekly Yoga and Exercise Sessions

- Strength and Yoga
  - Tuesdays and Thursdays, 4:00pm-5:00pm
- Sculpt
  - Mondays and Wednesdays, 5:15pm-6:15pm
  - Tuesdays and Thursdays, 6:15am-7:15am
- Spinning
  - Tuesdays and Thursdays, 12:00pm-1:00pm AND 5:15pm-6:15pm
- Yoga
  - Tuesdays and Thursdays, 6:15am-7:15am
- Zumba
  - Tuesdays and Thursdays, 5:15pm-6:15pm
- Vinyasa Yoga
  - Mondays and Wednesdays, 6:15am-7:15am

Cost & Information

Visit the AARC website at:
www.stthomas.edu/aarc/classes

Questions?
Contact a Wellness Committee member:
hrwellness@stthomas.edu or AQU 213

http://yoga.ygoy.com/2008/03/27/interesting-facts-about-yoga/

"The actual meaning of Yoga is to join together. Thus, the purpose of yoga is to unite body, mind and spirit." 

-Ygoy, Health Community