

WELLNESS CONNECTION

Live well. Work well.

December 2019



UI STRIDE '19

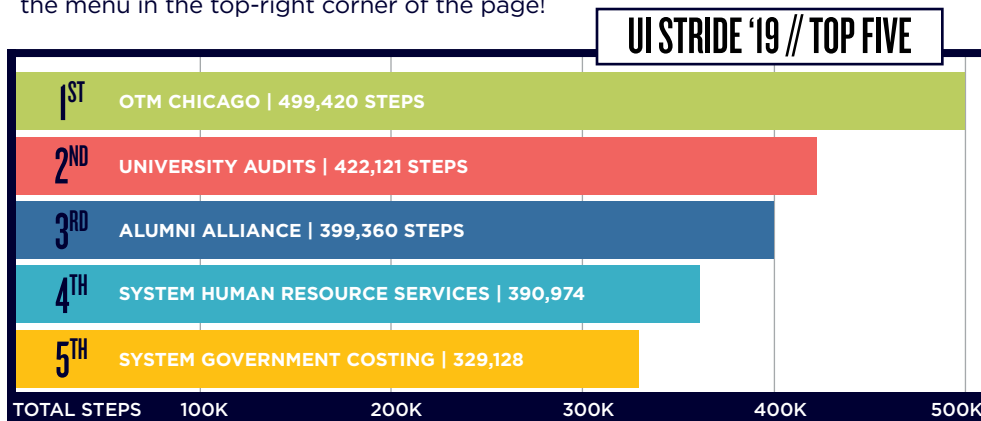
 UNIVERSITY OF ILLINOIS SYSTEM
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The UI Stride Results Are In...

Congratulations to Office of Technology Management (OTM) in Chicago for outpacing the rest of the field to take home bragging rights as the first-place finishers of the inaugural UI Stride. The OTM crew logged an average of 499,420 steps!

University Audits (422,121) finished in second place, and Alumni Alliance (399,360) placed third, narrowly edging out System Human Resource Services (390,740) in fourth. System Government Costing (329,128) rounded out the top five.

Thank you to all 24 system offices that combined to log more than 6.5 million steps. For complete results log into the [UI Stride website](#) and select Leader Board from the menu in the top-right corner of the page!



WELLNESS EVENTS



Check the event calendars at your university to find great opportunities for wellness activities in and around your work community this December!



[UIUC Campus Wellbeing Service Wellness Events](#)



[UIC Wellness Center Calendar of Events](#)



[UIS Connection Events Calendar](#)



The Season of Giving

Did you know that Americans volunteer the most in November and December of each year? This is probably not surprising given that this is the "Season of Giving."

The System Wellness Committee is interested in discovering how University of Illinois System employees volunteer during the holiday season. Complete this [2-minute survey](#) and we will be able to develop a greater understanding of how system office employees volunteer their time and give back to our community.

The survey will remain open until Dec. 17. We will share the results in the January issue of the Wellness Connection to shine light on volunteering opportunities in a community near you.

Thank you for your participation and please reach out to the Wellness Committee if you have other ideas or suggestions around promoting volunteering opportunities.

FEEDBACK



Contact the System Office Wellness Committee:

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