

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

OCTOBER 2020

System Office Wellness Committee Year in Review

By Seth Yoder

It has been an exciting first year for the System Office Wellness Committee. To commemorate the first year, we would like to highlight a few of our biggest accomplishments. We are proud of the initiatives we launched this year, and we are looking forward to rolling out even more health and wellness activities in the coming months. Thank you for all of your support in making the University of Illinois System Offices a healthier and more vibrant place to work.

UI Stride:

We launched the first UI Stride in October of last year with 260 System Office employees participating across 24 teams. During the campaign, we were able to provide participants with T-shirts and inspire System Office employees to add a little more movement to their daily routines. At the end of the campaign, the entire group totaled 70,891,035 steps, with each participant averaging 272,658 steps over the six-week challenge. The Office of Technology Management in Chicago walked away with the bragging rights and showed everyone that it doesn't matter how many staff members are in your unit, it's all about how you work together to accomplish a common goal! In September, the System Office Wellness Committee launched the second UI Stride Campaign called Walktober. In the second iteration of UI Stride, the committee has partnered with a company called Health Enhancement System (HES) to offer a competition that is not only challenging but engaging. The updated campaign provides participants with the opportunity to join teams, post photos of workouts on a virtual wall, and receive health tips and beautiful photos of fall landscapes to keep us motivated to get outdoors during this beautiful season.

Wellness Connection Newsletter:

The System Office Wellness Committee understood an important component of any wellness initiative is to communicate information, share resources and provide value to the employees it serves. This is how the Wellness Connection newsletter was born. A small subcommittee was formed and developed a newsletter that would not only share information about important initiatives, but also provide helpful health and wellness advice that could be incorporated into employees' daily lives. Throughout the first year of the newsletter, monthly themes were added, providing health and wellness tips and tricks, and highlighting the great health and wellness resources and events happening in the University of Illinois System. The newsletter format was also modified to provide greater accessibility for our readership. It has been a great first year for the Wellness Connection and we're anxious to see what the upcoming year has in store.

System Office Wellness Lecture Series:

Each month in the Wellness Connection, we shine a light on the great work we are doing in the U of I System in the area of health and wellness. However, the articles only allow us to scrape the surface, so we decided to initiate the System Office Lecture Series. Each quarter, we select one of the employee spotlights to deliver a virtual lecture to System Offices employees. These lectures allow experts in the field of health and wellness to expand upon the concepts they discuss in the newsletter and grant our audience the opportunity to engage with some of the brightest minds in the field. In the first year of the lecture series, we had Dr. Joan Briller from UI Health deliver a presentation on how to increase and sustain a heart-healthy lifestyle, and Cindy McKendall taught us how to navigate the internet a little more safely. We are so fortunate to work for an institution that supports such great work. We cannot wait to highlight more wellness knowledge in the coming year.

