IN THIS ISSUE

TAKE A STAND

CAMPUS WALKING ROUTES

FEATURED APPS

The University of Iowa

UI Wellness

A UNIT OF UI HUMAN RESOURCES
We’re finally enjoying more hours of daylight and warmer weather after a long and lingering Winter! In Iowa, better weather usually means more opportunities to be physically active. In this edition of the liveWELL newsletter, the focus is on ways to increase movement throughout your day. Several studies are beginning to highlight the costs and risks associated with inactivity rather than the already well-documented benefits of regular exercise. One recent article had a tagline: “Sitting is the new Smoking,” challenging readers to think about how being sedentary is just as harmful to one’s health as smoking.

Growing in popularity are themed events such as The Color Run™, which emphasizes that “All participants are welcome: fast, slow, runners, walkers, old and young.” The only criteria is that you wear white, so that you can get sprayed with splashes of color throughout the 3.1 mile course! Inspirational events such as Relay for Life® or Race for the Cure®, also appeal to people because they are positive and inspiring. Simply registering for an event can be the motivation and accountability to a training plan that one needs to stay “on the wagon.” Seasoned athletes and runners will often register for triathlons, obstacle-type courses, or themed runs like Rock n’ Roll Marathons to provide a challenge.

A number of training programs are available such as Hal Higdon or Couch to 5k®. A recent one I learned of from a Health Coach client called Run Your Butt Off is geared toward weight loss and moving people from 30 minutes of walking to 30 minutes of running over a gradual 12-week program.

If you’re thinking about setting a fitness-related goal for motivation, an event is out there for you to try. Perhaps an event that is pet or stroller-friendly? Maybe something that can be incorporated into a vacation like a ‘destination’ event? If you need ideas, check out www.fitnessports.com for Iowa-based events. If you’ve had a fun or moving experience participating in an organized walk, run, race, or event, share it with us at our facebook page: www.facebook.com/uilivewell

Yours in good health,

Megan Hammes
Manager, UI Wellness/Human Resources

UI Wellness staff
UI Wellness is a unit of UI Human Resources.

Joni Troester
Director
joni-troester@uiowa.edu
335-2692 • 121-50 USB

Megan Hammes
Manager
megan-hammes@uiowa.edu
335-5424 • E119 CRWC

Ilona Lichty
Health Coach
ilona-lichty@uiowa.edu
353-2975 • E119 CRWC

Erin Litton
Health Coach
erin-litton@uiowa.edu
353-2974 • E119 CRWC

Carla Melby-Oetken
Health Coach
carla-melby@uiowa.edu
353-2975 • E119 CRWC

Jean O’Donovan
Secretary
jean-odonovan@uiowa.edu
353-2973 • E119 CRWC

Ruth Hurlburt
Secretary
ruth-hurlburt@uiowa.edu
353-2314 • 121 USB

Liz Heffner
Secretary
elizabeth-butler@uiowa.edu
353-2973 • E119 CRWC

Layout and Design by Marketing & Design

Printed by UI Printing Services on recycled paper
liveWELL @ UI
At The University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.
Many jobs on campus can be primarily sedentary, so it’s important to recognize the benefits that building even small bouts of movement into the day can provide. If you think about time spent commuting, working at a desk, watching TV, or sitting in a class, many of us have very little time dedicated to movement unless we have a regular exercise routine. At the University of Iowa, 69% of faculty and staff report regular physical activity while in Iowa only 48% of adults report meeting physical activity guidelines.

University of Iowa faculty investigate the relationship between prolonged sitting and a range of health problems. “Sitting is an extreme posture for the back because it flattens out the lumbar curve, stretches fibers in back of the intervertebral discs and increases the pressure within discs” says Dr. David Wilder, associate professor of Biomedical Engineering and Certified Professional Ergonomist (CPE). Dr. Wilder also notes that “after sitting for a while, it takes time for the disc and trunk muscles to readjust to the standing posture. Therefore, it is a good idea to walk around for a few minutes before bending or lifting anything. Be especially careful to avoid heavy objects or unexpected loads and movements just after sitting as that can cause back injury.”
While back pain is frequent amongst heavy computer users, there are other areas to be mindful of. Dr. Fred Gerr, MD, professor of Occupational and Environmental Health notes, “use of a computer for more than four or five hours per day can increase your risk of neck, shoulder, arm and hand pain.” Dr. Nathan Fethke, CPE and assistant professor of Occupational and Environmental Health adds, “too often, office workers are supplied with equipment (such as chairs and keyboards) marketed as ergonomic but without enough knowledge about how to maximize those features for the greatest benefit.”

Physical complaints are not the only health problems linked to prolonged sitting and sedentary work styles. According to Dr. Lucas Carr, assistant professor of Health and Human Physiology, “prolonged sitting is an independent risk factor for many chronic diseases, including cardiovascular disease, Type 2 Diabetes, hypertension, metabolic syndrome, and obesity. My research focuses on identifying useful approaches to break up prolonged bouts of sitting for improved health in desk-dependent workers. Replacing traditional sitting desks with standing or active motion desks is an example of such an approach.”

“A part of what we offer through our health and wellness services on campus is helping create an environment that is supportive of healthy behaviors. This includes things like standing at your desk, getting up for short breaks, and moving around throughout the workday whenever possible,” offers Joni Troester, Director of Health and Productivity, UI Human Resources.
EASY WAYS TO TAKE A STAND

DAILY Routines:

• Stand every time the phone rings and stay standing throughout the duration of the call
• Stand up during meetings or conferences towards the back or side of the room
• Stand when you’re drinking your coffee or eating a snack
• Stand every hour for 2-3 minutes and set an outlook reminder or timer to remind you
• Stand when you hit a wall and need some energy or ideas

Featured App:

‘StandApp’ will provide you with reminders to stand up and stretch while you’re at your desk. Stick to the stretching reminders and you’ll learn to love it!

Convert Your Area:

To explore options for your workstation, contact Aaron Proctor, the Office Max On-Site Customer Service Representative who serves The University community at: (319)-384-3908 or aaronproctor@officemax.com with questions.
“I have been using a standing desk arrangement for five years, and I love it! I move naturally and stay energized. Plus, I think standing has helped me avoid back pain that had been a problem in the past.”

- Kim Merchant
Wellness Ambassador,
College of Public Health

“I love being able stand as I work since I sit quite a bit of the time while providing health coaching to liveWELL clients. Using a standing desk forces me to stand straight and not slouch my shoulders. I notice that my shoulders do not hurt after a day of work.”

- Ilona Lichty
Ui Wellness/ Human Resources

“Science indicates lean people are more active in daily life than obese people and being sedentary is an independent risk factor for health problems. Thus, I try to stay active at work however I can.”

- Sharon Tucker
Department of Nursing
Art Walk
Make it a point to discover something new. Maybe a building you’ve never been in or haven’t visited since you were a student? For a complete listing, go to the University’s A-Z search and click on “Art on Campus.”

Indoor
- UIHC (Did you know the distance from Elevator A to L is .3 miles?)
- Dental Science Building
- Iowa Memorial Union
- Nursing Building

Outdoor
- East Campus (various)
- West Campus (various)
- Johnson County Trails Map & Bicycle Parking Guide

UI Walking Routes can be found at:
www.uiowa.edu/hr/wellness/resources/maps

Build Your Own Route
- Map My Run and Map My Walk uses your phone’s GPS to help runners and walkers track their pace, distance, and time. Share your favorite routes and workouts on Facebook or Twitter.
- Gmap-Pedometer
gmap-pedometer.com or the app version, MilerMeter, is perfect to use for the impromptu walk to see how far you went.
liveWELL
Spotlight on Success: Division Sponsored Programs

In September, the DSP received a Wellness Grant to provide pedometers for 25 staff members to start a walking program.

“The pedometers were a great tool to increase camaraderie among the DSP staff, and fitness is just good for business, more oxygen to the brain solves problems faster. Participants were excited about watching step counts increase through both walking and general movement. Instead of viewing activity as a defined period each day, the pedometers helped motivate users to seek opportunities throughout the day to add in more steps here and there to keep counts high.”

- Wellness Ambassador, Amanda Jorgensen

Wellness Grants is a program that is in its first/pilot year, but will be continued into fiscal year 2014. Wellness Grants award departments with funding to implement a health and wellness effort in their work area. There are application parameters that include a cap of $10 per person, measurable health impact, and providing documentation of the event/program. Examples of awarded Wellness Grants are available at www.uiowa.edu/hr/wellness/wellness_grants.

Wellness Ambassadors is a network of about 130 dedicated volunteers campus-wide who have a personal passion and interest in health and well-being. Wellness Ambassadors act as liaisons between UI Wellness and their own department. A full listing of campus Wellness Ambassadors can be found at www.uiowa.edu/hr/wellness/programs/ambassadors. Does your department have one? If not, consider applying to become one or suggest it to someone who might enjoy the role!

Both of these initiatives are in place to provide a healthy work environment to support faculty and staff in making healthy choices. When wellness is interwoven into the norms of coming to work, healthier habits come easier!
Each month, two UI Faculty or Staff member are awarded $500 each simply for taking their Personal Health Assessment within the calendar year. Have you taken your PHA in 2013?* You receive up to $65 just for taking the survey, as well as a chance to win $500!

Do you recognize any of these faces from across campus?

Ciarra Lang,  
Department of Nursing,  
UI Health Care

Brian Berge,  
Department of Nursing,  
UI Health Care

Lori Hansen,  
Department of Nursing,  
UI Health Care

What did you do with your $500?

Yi Fang,  
Biostatistics,  
College of Public Health

“We bought a Wii console, so we can do some fun exercises with our sons at home.”
We had a long Winter. What warm-weather activities are you looking forward to?

Peter Manesis, Department of Nursing, UI Health Care
“I’m looking forward to riding my bicycle to work in the morning. It’s wonderful way to discover different bike routes around town especially in the beautiful historic areas of Iowa City. It’s inspiring to see all of the hard work that people put into their landscaping and to watch as small spring improvements make their homes unique.”

Lisa’s department featured her in their monthly newsletter, prompting many of her busy co-workers to go ahead and take their PHA, too!

Lisa Milder, Ophthalmology, UI Health Care

“ I am most looking forward to long walks and hiking. ”

*The liveWELL Personal Health Assessment is available to all UI Faculty and Staff members who work in 50% or greater, regular positions.*
The Pew Internet & American Life Project reports that sixty-six percent of those in the 18 to 29 age group own an iPhone, Android device or other smartphone; 59% in the 30 to 49 age group; 34% in the 50 to 64 age group; and 11% of those 65 years old and up.

### Featured Apps

#### For Exercise

- **‘Fitness Buddy’** offers a free version with 300 exercises. Focuses on strength workouts and you can choose your gym equipment and receive photos and instructions on how to use it. Allows for tracking progress.

- **‘GAIN Fitness Cross Trainer’** is a strength and conditioning focused app. You pick your goal for training, your location (home or gym), duration, session type (upper body/lower/core/full body/yoga) and equipment available. Will send out push notifications for reminders to exercise.

- **‘C25K – 5k Trainer’** This is the couch-to-5k training program in app format.
For Good Night’s Sleep

‘Sleep Cycle’ analyzes your sleep pattern to wake you up during lighter phases of your sleep. The biggest customer raves come from focusing less on the quantity of sleep but on the quality, as well as being awakened an optimal time.

Try downloading some relaxation tunes or white noise. When a busy mind keeps you awake, focusing on calming, soothing sounds can help you drift off into a peaceful sleep.

For Emergencies, Accidents, and Safety Advice

‘First Aid’ by American Red Cross is the office Red Cross app that puts expert advice into your hand. Interactive videos and quizzes guide you through and prepare you for emergencies. Show off badges as you gain new knowledge!

If you don't own a smartphone, don't worry; all of the resources contained in mobile applications are available at your desktop computer via a wide array of websites.
May is Bike to Work Month

Bike to Work Week is May 12-18. Bike commuters can register for prizes at [http://www.thinkbicycles.org/bike-to-work-week/](http://www.thinkbicycles.org/bike-to-work-week/), and there are a number of community celebrations and perks planned to support bicycling!

University of Iowa Recreational Services will offer FREE ACCESS to the Campus Recreation and Wellness Center, Field House, Fitness East/Halsey Hall, Recreation Building, and Hawkeye Tennis and Rec Complex all week to anyone who visits prior to 9:00 a.m. and brings their bike helmet! Bikers can get an extra workout, take a dip in the hot tub*, or just use the showers.

*Hot tub only available at CRWC.

Track your bike commuting miles with the National Bicycle Challenge, a free online program built on app and website called Endomondo that encourages biking for transportation, fitness and recreation. See [www.nationalbikechallenge.org](http://www.nationalbikechallenge.org) for more information and to sign up.

WE WELCOME YOU Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.