The UNL Wellness Initiative

Each year the employees of the University of Nebraska-Lincoln are invited to take an online Health Risk Assessment (HRA). Completing the HRA allows individuals the opportunity to assess their overall health risks and provide feedback on how to attain or maintain a healthy life.

UNL is provided an aggregate report of responses from UNL employees. The Chancellor’s Committee on Wellness and Campus Recreation Wellness Services use this report to create programs based on the top interest/health risk areas each year.

By taking a few minutes to complete the Health Risk Assessment each year, you can receive additional wellness benefits through your University Benefits package.

UNL Employee’s Top Interest & Health Risk topics:
1. Physical Activity
2. Nutrition
3. Weight Management

Other topics of interest are stress management, health screening info, and financial management.

Be Well at UNL!
Scan to read the monthly online magazine ‘Student Health 101’
Wellness on Wheels
UNL Wellness will come to your department. Promote awareness through a variety of screenings.

- How Active Are You?
- Balance Assessment
- Flexibility Assessment
- Pedometer Tutorial
- Nutrition Assessment
- Portion Distortion Activity
- Blood Pressure Check
- Stress Assessment
- Tobacco/Smoking Assessment
- Alcohol Assessment
- Weight Management
- Waist Circumference
- Height/Weight/BMI
- What Do My Numbers Mean?
- Individual Wellness Coaching

UNL Wellness Services can create customized programs for individuals and groups.
Tell us how we can help you achieve your personal goals.

Possible topics:
- Body Image
- "Younger in a Year" | Nutrition and Fitness 101 | Positive Self Talk | Life’s Simple 7: Heart Health

Programs, Services & Workshops

Wellness on Wheels
On-campus Resource: Campus Recreation Wellness
Kimberly Barrett 402-472-9480

Wellness Screenings
On-campus Resource: Campus Recreation Wellness
Kimberly Barrett 402-472-9480

Personalized Fitness
On-campus Resource: Campus Recreation Fitness Program
Cathy Jewell 402-472-493

- Individual Personal Training $3
- Small Group Personal Training $5
- Buddy Personal Training $5
- Group Fitness Classes $5
- Mind & Body Classes $5

- Eat This, Not That: Based on the popular book of the same title, learn to make easy food substitutions at restaurants and with convenience foods to improve the wholesomeness of your choices.
- Feeding Your Body: Sports Nutrition: Fine tune your nutrition plan as you’re training and discover the answers to your frequently asked “fueling” questions.
- Cooking for 1 or 2: Be creative in planning for your meals, even if you cook for one. Go beyond the frozen dinner.
- Intuitive Eating: Stop dieting and discover the true source of your uncontrollable hunger. Discover how to eat when you are hungry and quit when you’re satisfied.
- Additional Topics:
  - Breakfast on the Go
  - Eating for a Healthy Heart
  - Healthy Holidays
  - Healthy Sack Lunches
  - Chronic Disease and Nutrition

Program Key:
$ — Free to $25
$26 to $99
$100+

Wellness is "preventative medicine" that you invest in now for your future personal success. Fees may be associated with various wellness activities and services.

Interactive Workshops:
- Deskercise: Get active at work, not just at the gym.
- Strengthening Band Workshop: Add resistance to your workout.
- Pedometer Tutorial: Take steps forward and learn how to create your own progressive walking program.
- Exercise Without the Gym: Learn to incorporate physical activity into your day from anywhere.
- Flexibility: Learn to stretch from head-to-toe.
- Balance Training: As we age, working on balance becomes a crucial part of a healthy lifestyle. Learn moves to keep you injury free and build your core.

The Employee Assistance Program in the Department of Human Resources provides counseling for relationship issues, personal or family crisis, alcohol or drug problems, workplace conflict, financial worries, grief, stress, anxiety, depression, and other personal concerns. UNL employees and their families may utilize short-term counseling services.

Student On-campus Resource: Counseling and Psychological Services (CAPS) 402-472-4550

On-campus students may seek assessment and counseling services from the Counseling and Psychological Services (CAPS) Office. $33

- What Do My Numbers Mean?
- Individual Wellness Coaching

Relaxation
On-campus Resource: Massage Therapy & Reflexology @ the Campus Rec Center
Bucky Ohlson 402-472-0738

Massage Therapy & Reflexology
In-house appointment therapies include:
- Swedish relaxation massage
- Deep tissue massage
- Prenatal massage
- Sports massage
- Neuromuscular massage
- Cupping massage
- Reflexology
- Spa foot treatments

All massage therapists at the Campus Rec Center are licensed allied health care professionals who can assist you with full-body stress relief or site-specific injury prevention and recovery. Speak with a massage therapist to decide the best option for you.

Massage Event Services
Campus Rec Massage Therapy also provides on-site chair massage services. Chair (or seated) massages offer 5- to 15-minute mini-massages to allow the greatest number of individuals to get a quick dose of rejuvenating therapy during your event. Please call for details and prices.

Weight Loss & Weight Management
On-campus Resource: Campus Recreation Wellness
Kimberly Barrett 402-472-9480

Presentation Topics:
- Eat Healthy, Stay Active
- Small Steps to BIG Changes
- 10 Barriers to Weight Loss
- Begin at Your Beginning: Stages of Change in Weight Management
- You’re ‘Well on Your Weigh’

Well on Your Weigh
A 14-week program for UNL faculty/staff and students. ‘Well on Your Weigh’ provides group education, support and skills classes and one-on-one consultations with licensed and certified staff. Group exercise class will be held 3 days per week. Participants must have a BMI of 27.5 or above to participate. New classes begin in January and September each year. $33

Nutrition
On-campus Resource: Campus Recreation Wellness
Karen Miller, Registered Dietitian 402-472-0880

Nutrition Consultation and Assessments
Receive expert consultations and nutrition therapy for your general nutrition needs or nutrition related medical conditions.

Interactive Workshops:
- Diabetes Prevention: Learn specific guidelines for preventing diabetes through healthy lifestyle changes.
-Feeding Your Family: Learn the basic components of a "well-balanced, healthy" meal, meal planning tips and recipes, and helpful hints on how to plan a meal on a budget.

Physical Activity
On-campus Resource: Campus Recreation Wellness
Kimberly Barrett 402-472-9480

Sk Training (Summer and Fall)
Train to complete a 5K. Program incorporates up to four different levels of training. Each training session begins with a 5 to 10-minute warmup and ends with a 5 to 10-minute cooldown and stretch. Group meets once a week and participants receive a 3-day training program to do on their own.$

Marathon & Half-Marathon Training (Spring)
A comprehensive running class for all levels wanting to train for a full or half-marathon. Class includes weight training, nutrition, techniques & injury prevention, motivation & goal setting, technical running shirt & water bottle, weekly group runs, and yoga for Athletes sessions. $33

‘TEAM UNL’ Challenges
Web-based physical activity and nutrition team-based programs are available for UNL faculty, staff, and students each fall and spring semester. Check out the Wellness website for current challenges. $