



# Weber State Employee Wellness

FALL 2024

# Welcome to Employee Wellness

Established in 2000, Employee Wellness is a service to assist faculty and staff with achieving their wellness goals.

Over the past 24 years, Employee Wellness has grown to provide employees with access to health screenings, group exercise classes, health education classes, support groups, and financial incentive programs. Some of these services are also available to spouses covered under a WSU PEHP medical insurance plan.

Use this guide to supplement your current well-being program.



# Semester Focus: Better Sleep

Many of you have noticed how our daily activities impact the quality of our sleep. But sleep isn't just about how we spend our day—it's essential for our mental health. A good night's sleep boosts mood, sharpens focus, and enhances our ability to manage stress. This semester, let's focus on creating a sleep-friendly environment. Simple changes like keeping your bedroom dark, quiet, and cool, along with establishing a calming pre-sleep routine, can significantly improve sleep quality.

For those nights when sleep doesn't come easily, it's helpful to have strategies in place. If you wake up during the night, avoid checking the clock or worrying about the time. Instead, try deep breathing or a quick meditation to calm your mind and return to sleep more quickly. Prioritizing sleep is key to maintaining your mental health and overall well-being, ensuring you're ready to face each day with energy and clarity.

Review this semester's activities and determine which ones will help you most with getting better sleep.



# Wellness In 30

## Health Presentations



### Employee Wellness Account

[www.wellsteps.com/ws-rewards](http://www.wellsteps.com/ws-rewards)

Presentations are uploaded monthly to your Employee Wellness Account.

Preparing Your Mind for Sleep	Falling Back to Sleep	Daytime Routine for Better Sleep
<p><b>September</b></p> <p>Learn about practical strategies and tips to help improve your sleep quality. We'll explore techniques like relaxation exercises, mindfulness, and creating a sleep-friendly environment, all aimed at calming the mind and setting the stage for a restful night. Join us in learning how to enhance your sleep routine and wake up feeling more refreshed and energized.</p>	<p><b>October</b></p> <p>It's never fun to wake up during the night, and even worse when falling back asleep seems impossible. Come learn tips and tricks that can help prevent sleep interruptions and make the process of getting back to sleep easier and quicker.</p>	<p><b>November</b></p> <p>The key to sleeping better at night starts with a daytime routine. Choosing which daily activities and habits to participate in can have a great impact on the length and quality of sleep at night.</p>

# Wellness In Action

## Workshops



### Employee Wellness Account

[www.wellsteps.com/ws-company-calendar](http://www.wellsteps.com/ws-company-calendar)

Learn how to incorporate healthy habits into your daily routine.

Better Sleep	Goal Setting	Employee Wellness 101
<p>When was the last time you tracked your sleep? If you have in the past, what did you do with that information? During this three-part workshop, learn how to track your sleep, implement sleep training, and learn useful techniques to help you sleep better.</p>	<p>Setting goals can be easy but following through on those goals until you succeed can be challenging. Over the course of this three-part workshop, you will learn how to determine your goals, envision your success, track your progress, and treat yourself.</p>	<p>Provided over three sessions, this course will provide an in-depth look at the Employee Wellness program. The first session will provide a quick overview of the Employee Wellness program, the Released Wellness Time, and use of the online platform. The Rewards program will be covered during the second session, and the Bonus Program during the third. These classes will be as interactive as you make it, with plenty of opportunities to ask individual questions.</p>

# Challenges

## 2-Week Challenges & Campaigns



### **Employee Wellness Account**

[www.wellsteps.com/ws-challenge](http://www.wellsteps.com/ws-challenge)

Join a group challenge or engage in individual growth.

### **Boosting Mental Health**

Over the course of 6 weeks, you will learn the basics of mental health, as well as how to manage stress, improve sleep, proper nutrition, and adequate exercise. Learn how these changes will improve mental health.

October 7 - November 24

### **2-Week Challenges**

Looking for ways to improve your wellbeing? Schedule a 2-week challenge at any time. While you may choose to complete any challenge, the following will complement the semester's focus on getting better sleep.

Choose from any of the following:

- Daily 30
- Get Organized
- Maintain Don't Gain
- Mindfulness Matters
- Stress Down
- Sweet Dreams
- Take Care of You

# Cooking Demonstrations

Master Your Kitchen Skills



## Employee Wellness Account

[www.wellsteps.com/ws-company-calendar](http://www.wellsteps.com/ws-company-calendar)

*In-Person Attendance*

Days Vary

Unlock the secrets of delicious, healthy meals by mastering the basics of cooking! Join us for three upcoming cooking demonstrations where you'll learn how to elevate your dishes with the perfect blend of herbs and spices, create flavorful marinades, and master the art of making roux and soups. These essential skills will not only boost your confidence in the kitchen but also enhance your everyday meals, making cooking at home a more enjoyable and rewarding experience.

Don't miss this opportunity to sharpen your culinary skills and add some new favorites to your recipe collection!

All in-person participants will receive a reusable meal container that should be brought to each session.

# Cooking Demonstrations

Master Your Kitchen Skills



## Herbs and Spices

**September 26**  
**October 30**

Spice up your cooking skills by learning the art of using herbs and spices to transform everyday meals into culinary delights. Join our upcoming class and discover how these simple ingredients can make a big impact on flavor and nutrition.

## Marinades

**October 3**  
**November 6**

Elevate your dishes by mastering the art of marinades in our upcoming cooking class. Learn how to infuse flavor and tenderness into your favorite proteins, transforming every meal into a mouthwatering experience.

## Roux and Soup

**October 10**  
**November 13**

Learn the secrets of creating rich, flavorful roux and soups in our upcoming cooking class. Discover how these foundational techniques can elevate your homemade dishes to restaurant-quality perfection.



# Support Groups

The Body Project



## **Employee Wellness Account**

[www.wellsteps.com/ws-company-calendar](http://www.wellsteps.com/ws-company-calendar)

### *In-Person Attendance*

Mondays, September 16 - October 14

### *Online Attendance*

Fridays, October 25 - November 22

The Body Project is a body acceptance program to empower women to engage in body acceptance and promote a positive body image.

The Body Project is a five-week program consisting of one, 45-minute weekly meeting each week. During meetings, participants will engage in a series of verbal, written, and behavioral exercises in which they consider the negative effects of pursuing the thin-ideal. All participants are expected to willingly contribute during each meeting.

# Personal Training

## One-on-One Fitness Programing



### **Request On Website:**

[https://weber.edu/employeehealth/personal\\_training.html](https://weber.edu/employeehealth/personal_training.html)

Various Days and Times  
In Person Attendance

Personal Training is back! Employee Wellness will provide on-site personal training to help with your fitness needs.

Training sessions will be offered over the course of 6 weeks. You will meet with our trainer either once or twice a week.

As we are in the process of redesigning our Personal Training program, our trainer will be experimenting with different formats and will attempt to accommodate all participant needs. You are encouraged to provide constructive feedback during and at the end of your sessions that will allow this program to flourish.

# Fitness Classes

Fitness For All Abilities



## Employee Wellness Account

[www.wellsteps.com/ws-company-calendar](http://www.wellsteps.com/ws-company-calendar)

**Total Body Conditioning:** Join us each week for a Total Body Conditioning class. Each class will work the whole body using a variety of strength training equipment. Great for beginners and those with an advanced fitness background. Classes will be held in a hybrid format.

-Taught by Tami Clark: Fridays, 9:00 - 10:00 am

**Yoga:\*** Due to its holistic nature, this class works as a stand-alone exercise regimen for those who are super busy or as a complement to a more diverse exercise program including other modes of activity.

-Taught by Bobbi Bowman: Mon/Wed, 12:30 pm - 1:20 pm

**Pilates:\*** This mode of exercise is a great low-impact way to strengthen and tone muscles, improve posture and flexibility, increase circulation and cardiovascular strength, and unite body and mind. It will help you on your way to a stronger and healthier body.

-Taught by Claudette Halverson: Tues/Thurs, 1:30 pm - 2:20 pm

*\*A class fee applies to these classes. Participation in one format is \$25 per semester, or participation in both formats is \$45 per semester. Learn More Here:*

[https://www.weber.edu/employeewellness/pilates\\_class.html](https://www.weber.edu/employeewellness/pilates_class.html)

# Wellness Coaching

Behavior Change Made Easy



## **Request On Website:**

[https://weber.edu/employeeewellness/wellness\\_coaching.html](https://weber.edu/employeeewellness/wellness_coaching.html)

Various Days and Times

Hybrid Attendance

Wellness coaching can help those seeking ways to improve their overall well-being. A wellness coach provides support, guidance, and accountability as you make changes to your lifestyle.

During your session, your wellness coach will help you to identify your strengths, set realistic goals, develop an action plan, and track your progress. While the coach is here to facilitate conversation, it is ultimately the client who is responsible for taking action and making changes. Coaching can be beneficial for those who are overwhelmed or feel stuck when it comes to developing healthy behaviors.

# Wellness Pays

## Two Ways To Earn

Employee Wellness provides two financial incentive programs: Wellness Pays Rewards and Wellness Pays Bonus.

The Rewards program provides extra incentives to participate in healthy behaviors. The Bonus program provides an incentive for meeting or improving personal health metrics.

Both programs are voluntary. Learn more about Wellness Pays at [https://weber.edu/employee\\_wellness/wellness\\_pays.html](https://weber.edu/employee_wellness/wellness_pays.html)

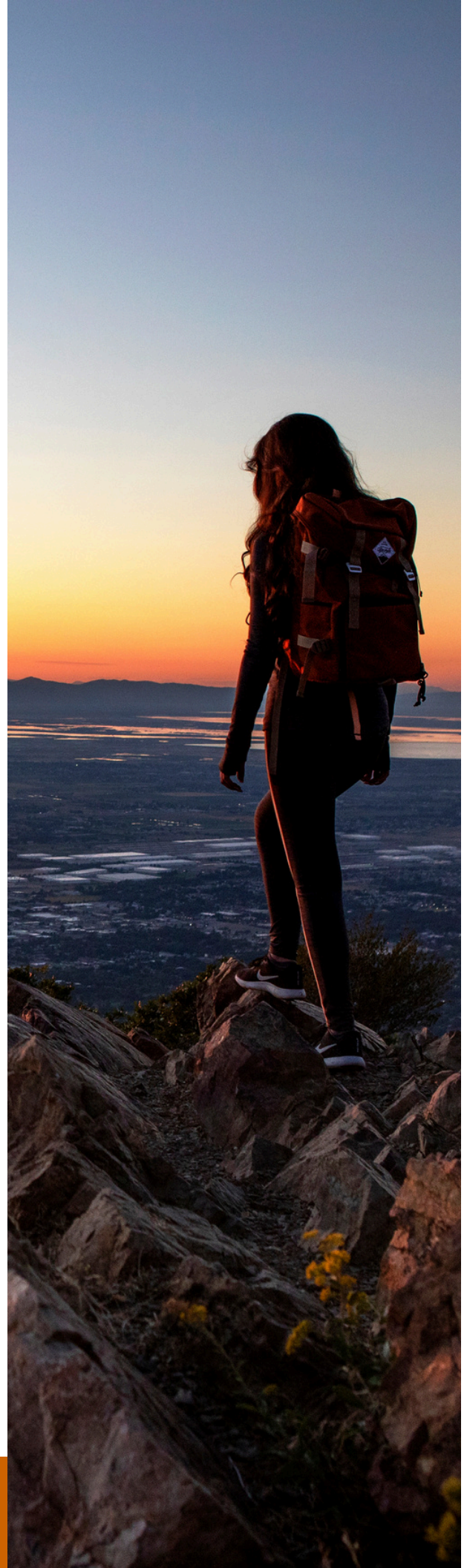


## Rewards Program

This program is available to all benefits-eligible employees and spouses.

Earn rewards points by participating in regular preventive care, being physically active, and engaging in other healthy behaviors.

Rewards points can be cashed in for up to \$200 per calendar year. Spouses can earn various non-cash prizes.

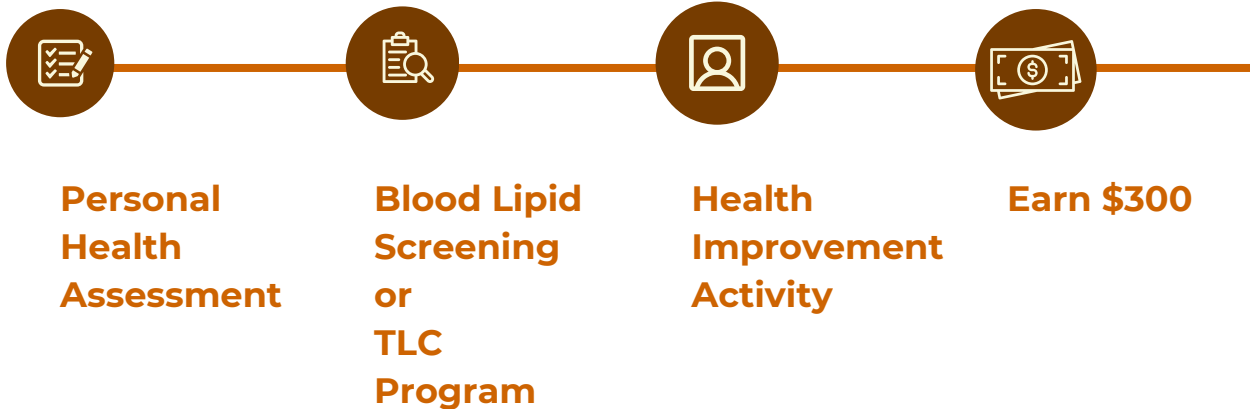




## Bonus Program

Participants covered under a WSU PEHP policy will receive a one-time \$300 bonus once they complete the following required steps. This bonus is available annually.

## Easy as 1-2-3



Spouses can also complete the same procedure and receive an additional \$300 bonus annually.

# Employee Wellness Team



*Raeanna Johnson*  
Employee Wellness  
& Benefits Manager



*Katie Burrup*  
Employee Wellness  
& Benefits Specialist



*Tami Clark*  
Personal Trainer  
& Assistant



*Claudette  
Halverson*  
Pilates Instructor



*Bobbi Bowman*  
Yoga Instructor

# Contact Us

[www.weber.edu/employeewellness](http://www.weber.edu/employeewellness)

[wellness@weber.edu](mailto:wellness@weber.edu)

801-626-6474

Address:

3650 Taylor Avenue

Ogden, Utah 84408



**WEBER STATE  
UNIVERSITY**

Human Resources