



Greetings from WIN
January 11, 2007

PLEASE POST AND PASS ON TO OTHER STAFF AND FACULTY

January Topics In this Email
On-site Events and Programs

[Online Wellness Center](#)

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January On-site Events and Programs ~ Starting in January, WIN for Alaska will be in Anchorage providing you with Wellness Challenge Workshop's and Nutrition and Physical Fitness Events. Each event will last approximately 30 to 60 minutes. **Please see the event schedule and summary below:**

Wellness Challenge Workshops ~ Do you want to put your health in ACTION? Come to a "Wellness Challenge Workshop."

- Design a unique plan and identify healthy lifestyle goals.
- Get a summary of your new Health In Action Program.
- Discover how to track your activities on HAT (Health Activity Tracker).
- Learn how to complete Wellness Challenges.
- Meet other UA staff and faculty with similar health interests and goals.
- You can access these questions in advance of the program at: [My Personal Health Plan](#).

1. **Anchorage - Wednesday, January 17, 12-12:45pm, UC, Rm 143**

Physical Fitness Events ~ "Stretch Out to Health in 2007!" Feeling tight and stiff? You're likely not alone!

- Focus on Flexibility (wear comfortable clothing and if possible bring a sock or towel to use during the demonstrations).
- Learn, review, and practice ways to promote flexibility both on and off the job.
- Receive a stretching program handout to help you continue your journey with flexibility.

1. **Anchorage - Tuesday, January 23, 12-12:45pm, location to be announced**
2. **Anchorage - Wednesday, January 24, 12-12:45pm, location to be announced**

Nutrition Events ~ "Step Up To Health in 2007!" Learn important ways to improve your eating habits in 2007.

- Discuss personalizing an eating plan.
- Learn ways to lower your sodium content.
- Learn how to eat healthy and delicious by substituting low-calorie, lower fat alternative foods.

1. **Anchorage - Tuesday, January 30, 12-12:45pm, location to be announced**
2. **Anchorage - Wednesday, January 31, 12-12:45pm, location to be announced**

WIN for Alaska wants you to WIN! Put your "Health In Action" with Education, Awareness, and Behavior Modifications:

- **Education:** Get updated health information, articles, and local resources at the [Online Wellness Center](#).
- **Awareness:** Complete your own Health Plan at [My Personal Health Plan](#).
- **Behavior Modifications:** Log your activities in your [Health Activity Tracker](#).

START NOW! When you participate in Health In Action activities, events, and workshops you will accumulate points. When you enter **these activities** and your **aerobic mile equivalents** into your Health Activity Tracker it will track your "points". **If you Log 510 points between now and March 30, 2007 you will be entered into FORTY, \$100 drawings!**

Interest Survey ~ In December, we provided you with a link to a short Interest Survey. This information is still available at [Interest Survey](#). If you have trouble with the survey or any of the above links, please contact us at healthinaction@alaska.edu and we will take you through the process. Your login ID's are case and space sensitive.

Confidentiality ~ The Health In Action program takes your confidentiality seriously. Any data that we collect containing personal or medical information is protected by federal privacy rules.

Contact us ~ We are excited to meet and work with you, please contact us anytime at healthinaction@alaska.edu, toll free at 1-866-248-0797, or in Anchorage at 248-0797. Here's to a healthy 2007!

Sincerely,
Summer, Shannon, Cindy, and Ingvild
WIN for Alaska's Wellness Team



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