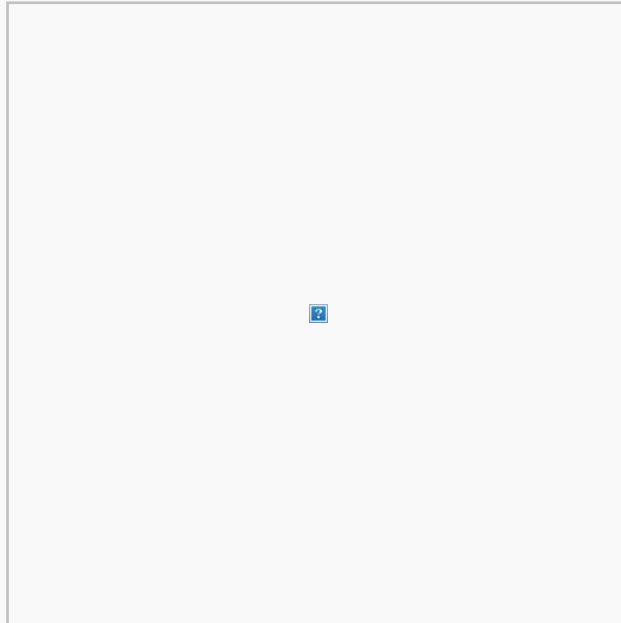


From: [Barbara Connor](#)
Subject: CORE Newsletter December 2016 - Exciting Stuff!!!
Date: Tuesday, December 06, 2016 2:21:34 PM

SHARING INFORMATION FROM THE OFFICE OF THE DEAN...

December 6, 2016

COHPA CORE Newsletter December 2016 - Exciting Stuff!!!



COHPA “CORE” Newsletter

“Creating Opportunities to Relax, Recharge, Renew”

Greetings from COHPA CORE!! We are excited to bring this employee wellness initiative to the faculty and staff of COHPA. We have many exciting opportunities and programs in store to help you relax, recharge, and renew.



Mid-Morning Milers and Home-Stretch Striders

Please join us for a mile walk (or walk/run a little further) around campus. We have had an awesome turn out every day so far....let's keep it up!! Bring a co-worker and join us either in the morning at 10:00 a.m. or the afternoon at 3:00 p.m. We meet every day in the courtyard between HPA1 and HPA2. There are several different pace groups and no one is left



Lunch & Learn

Save the DATES!! We have several exciting L&Ls in the Spring and we want to make sure you are there. Bring your own lunch to enjoy with colleagues. Fruit, veggies, and water will be provided. Please make sure you RSVP using the links provided.

What Health Screenings are Right for Me?

Wednesday, January 18, 2016 at 12:00 pm

RSVP:

<http://doodle.com/poll/47n54kscq85zm3u9>

Description: Learn how screening recommendations are made and how to tell if you are a good candidate for health screenings.

behind. Take a break and join us.



COHPA CORE Website

We have a new FABULOUS website in the works. New items are added daily so check in frequently! You can find our website at: UCFCOHPACORE.weebly.com

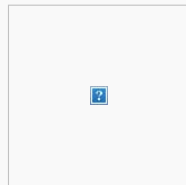
COHPA CORE Facebook Page

Please "friend" us on our Facebook page:
<https://www.facebook.com/groups/1793431787546465/>

We will use this forum to share information about events, pictures of various CORE get togethers, as a means of accountability and support, and to post tips and motivational items!!

COHPA CORE Calendar

CORE activities can be found here:
<http://events.ucf.edu/calendar/3111/cohpa-core/2016/09/?year=2016&month=09>



Walk/Run to Times Square!

We have some exciting opportunities for you to "Challenge Yourself"! Our 1st Challenge was going to have us "walk" to the North Pole before the holidays. Ummm...I did the math and it is 7,500,000 steps to get there, which would take us 750 days. So, we are going to do a shorter "walk" to Times Square by New Year's Eve!!

We have almost 4 weeks to go 1,075 miles (or 2,150,000 steps). If we can get at

Meditation and Stress Management, Part 1

Tuesday, February 7, 2017 at 12:00 pm
RSVP:

<http://doodle.com/poll/k3a7uapdn6qg9xe5>

Description: Stress Management Self-Help Techniques will be discussed.

Meditation and Stress Management, Part 2

Tuesday, February 21, 2017 at 12:00 pm
RSVP:

<http://doodle.com/poll/gy3c87drhw6g8gyw>

Description: Meditation types and basic techniques will be discussed.

Ergonomic Adjustments to Make Your Workspace More Comfortable

Monday, March 20, 2017 at 12:00 pm
RSVP:

<http://doodle.com/poll/acvutwm7sdydai33>

Description: Many of our jobs require sitting in an office for extended periods of time. Unfortunately, prolonged static postures may lead to fatigue and decreased comfort in the work space which can contribute to decreased focus and productivity. In this lunch and learn we'll review easy fixes for common work space configurations that contribute to problems. We'll also plan an open Q&A where participants can discuss their unique ergonomic challenges and brainstorm potential strategies to improve their individual work environment. Upon conclusion of the meeting everyone will walk away with ideas to make their personal workspace more comfortable.



Fitness Classes

We have been offering a variety of fitness classes over the past few months, ranging from pilates/stretch to Fab Abs to Quick Cardio!! We will be adding more to our calendar, including Qigong taught by Dr. Tom Wan.

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The word **Qigong** (Chi Kung) is made up of two Chinese words. Qi is pronounced chee and is usually translated to mean the life force or vital-energy that flows through all things in the universe. The exercise for the class was designed by a scientist

least 20 people to commit to walking or running at least 5,000 steps a day (2.5 miles) we will blow this goal away!

Keep track of your steps (or miles) and send them to Onida.Waldrup@ucf.edu each Friday. We have a map to track them on and will keep you posted on our progress.

Let us know if we can count on you in this challenge!!



Upcoming Challenges (January)

Are you looking for an easy way to get healthier after the holiday break? Good news then! We are getting ready to launch a Water Challenge at the beginning of the Spring semester that will challenge you to drink more water and replace less healthy beverages with H2O.

Did you know that drinking more water can aid in weight loss, relieve fatigue, improve your mood, treat headaches, promote healthy skin, and beat bad breath? These are just a few of the benefits you will enjoy by drinking more water daily.

Be on the lookout for a Water Challenge launch event that will happen on Thursday, January 9th – more details to follow!

who advocates the balance of Qi in 17 steps plus So-Gong (completing the exercise routine). The first class will be a 50 minutes program to learn the basic steps. After learning the steps, you can do Qigong at the time and place of your choice.

The first class will be January 24th from 12:00-1:00 p.m. in HPA2, room 247.

Please RSVP using the Doodle Poll: <http://doodle.com/poll/y6vtcqk2kwpanzup>



Local Runs/Races:

Florida Hospital Park Avenue 5K (1/14): <http://trackshack.com/events-detail.php?id=17>

Lady Track Shack 5K (1/28): <http://trackshack.com/events-detail.php?id=19>

Run for Love 4 Mile (2/11): <http://trackshack.com/events-detail.php?id=17>

Orlando Fit Project: Join a group for a free workout every Wednesday morning at 6:29 a.m. in Baldwin Park. Workouts are customizable to all fitness levels – and there are sweaty hugs!
<https://www.facebook.com/orlandofitproject/>



Want to Help?

Do you have any special health related hobbies, talents, or skills? Do you like to cook? Are you a meal planner? Practice yoga? Garden? Want to share your talents with the faculty and staff in COHPA?

We are looking for people interested in

submitting recipes,
writing health related
news items, sharing a
talent at a lunch and
learn, teaching a
class...you name it!

If you are interested,
please let your COHPA
CORE representative
in your department or
school know, or
contact Dawn Oetjen
(dawn.oetjen@ucf.edu).

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