

# WELLNESS 101

*Your Plan for Health and the OSU Health Plan offers Educational Programming throughout the year. Bring together a team of eight and we can visit your department or provide a 30-minute webinar for you and your coworkers.*

## Getting Started Series – Healthy Eating and Active Living at OSU

- **Wellness Vision and SMART Goals**

Join one of our health coaches to help define your personal wellness vision and plan activities that align you with your goals. We will also show you how to earn up to 1000 points for the YP4H Health Coaching Incentive Program.

- **Energize Your Life**

Feeling sluggish? Discuss and practice simple ways to increase your energy throughout the day.

- **A Balanced Me: Making More Time for Self-Care**

Are you looking for ways to maintain your self-care activities while balancing work life and home life pressures? Join us for a discussion about the meaning of work-life-self balance along with strategies to help prioritize physical activity, stress management, nutrition, and sleep.



### Healthy Eating:

- **Healthy Eating in the Workplace**

Get the lowdown on how to plan what foods you'll need at work to help you feel good and stay fuller longer.

- **How to Grill Healthy Recipes**

Check out some easy, fun, and healthy recipes using the grill!

- **What Are You Drinking?**

That beer, coffee, mixed drink, or soda in your hand is contributing to your daily calorie count. Have you ever thought about the impact of the beverages you drink on your body?

- **Eating Local**

Be informed about the health and environmental benefits of eating locally, local resources, and how to buy more locally.

### Active Living:

- **Your Ideal Heart Rate for Physical Activity**

Find out how to measure your heart rate, about heart rate trackers, and exercise recommendations that can work for you!

- **Fitting in Exercise**

Feel like you can't find time to exercise? Discover ways to make the most of small breaks in your day!

- **Walking Webinar**

Get started on a walking program and discover the benefits that walking can have on your overall health.



### Additional topics available upon request

- To view previous program recordings, visit <http://go.osu.edu/OSUHP-WebcastArchives>.
- To join upcoming classes available university wide, visit <https://linktohealth.osu.edu>, and click on Educational Program.
- For questions about educational programs, email [Lauren.Bergman@osumc.edu](mailto:Lauren.Bergman@osumc.edu).



# Group Health Coaching Available in Person or via Webinar!

Would you like to work together with your co-workers to support each other to generate healthy habits as team? A health coach can help you develop action plans with personalized goals to improve your wellness.

## Getting Started Series – Healthy Eating and Active Living at OSU

- **Time to Energize! – six-week series**

Do you feel overwhelmed, busy, and tired? Join a group of busy adults to learn about ways to manage and increase our energy!

## Healthy Eating

- **Guide to Food Prep – six-week series**

Each session is designed to help you will help you on your food preparation journey. We will begin with a few tips and tricks for those who are just starting out. Without overwhelming you with information, this series will help guide you through the stages of developing a great routine!

- **Weight Management – six-week series**

We will help set you up for success with a plan that works for you related to nutrition, physical activity and stress management as they relate to successful weight management.



## Active Living

- **Exercise 101 – four-week series**

Explore the basics of starting and maintaining your exercise program. We will discuss different ideas to keep you motivated to make physical activity a priority in your weekly schedule.

- **Tobacco Cessation – six-week series**

The most important step in quitting tobacco is deciding that you want to quit. No matter who else is influencing you, the final decision has to be yours. Learn how to turn your environment into a tobacco-free zone.



### Additional topics available upon request

- To join a university wide group online, visit <https://linktohealth.osu.edu>, click on Group Health Coaching Session.
- To schedule a group health coaching session for your department, contact [Laura.Peterson@osumc.edu](mailto:Laura.Peterson@osumc.edu).
- Group logistics: A minimum of eight individuals who can commit to four-to-six week sessions. Each session lasts 30-45 minutes.



THE OHIO STATE UNIVERSITY  
HEALTH PLAN

YOUR PLAN  
FOR HEALTH