



Office of Human Resources

WELLNESS COMMITTEE

Our Mission: To promote a healthy lifestyle for our faculty, staff and students and provide the resources and encouragement to help them participate in a healthy life style.

2010 Committee Co-Chairs: Maureen Murphy, Lauren Partyka, Rebecca Sullivan

Looking back on 2010!!

2010 was a very productive year for the Wellness Committee! We thank you all for your enthusiasm and participation and wish you all the best for a Happy Healthy 2011!

April 7 was American Heart Association "Start Walking Day"! A noon walk around campus was held.

April was national Autism Awareness Month and employees were encouraged to join an event in their community.

The "Biggest Loser Challenge" was held in the spring. Staff and students joined together to encourage each other in this very healthy event.

"Boilermaker Training" was held for first time runners! Congratulations to everyone that participated and ran this prestigious race!!

June 17 was "Ride your bike to UC Day!" The weather wasn't cooperative but we still had a dozen participants with some riding as many as 20 miles! At noon a Bike Info Session was held in Strebel Lounge with members of the Mohawk Valley Bicycle Club in attendance to discuss various topics.

Reiki Massage is an ancient healing technique that enhances the body's natural healing abilities. A Reiki demonstration took place in the Strebel Lounge on June 23. Participants were able to experience a "mini" massage by certified therapist Michelle Dolan.

July 21 will started a Muscle Toning class with Charleen Sangiacomo who is a certified aerobics instructor and will be giving us a workout on abs, legs, hips and more!

An exciting new Health and Wellness Newsletter has been created and will be issued electronically on a quarterly basis It's the place to look for what's happened, happening now - and coming up!

A "Walking Tour of Campus" map and narrative has been developed with the help of Christine Phelps, Office of the President - Intern. The map marks a path of approximately one mile around campus identifying buildings and landmarks to mark distance. It's a healthy way to show off our facility and get a little history on the buildings and see the great art work too.

Zumba Dance instruction was held in June and July. What a fun way to get some exercise!

Application was presented to the American Heart Association for "Fit and Friendly Workplace" recognition. Utica College was accepted and now has GOLD status for this very prestigious award.

Yoga classes were offered and well attended. We are anxious to bring this event back to campus!

September kicked off "Weight Watchers at Work" for a 12 week program. The group lost 157.4 #!! This program will begin again January 28, 2011!!

Sample Program of Les Mills Body Flow[®] was taught by Jamie Callari! The classes included Yoga, Tai Chi and Pilates, and were in association with Powerhouse Gym.

October was National Breast Cancer Awareness Month. The Health & Wellness Committee helped raise awareness by having a "Hang Your Bra for Breast Cancer" event.

Committee members assisted the Health Center to get the word out about Flu Season and the Flu Shot Clinic for students and employees.

Health & Wellness Committee members had a table at the Utica College Benefit Fair. Members were there to encourage participation and answer any questions about the program.

We give thanks and congratulations to Maureen Murphy who will be leaving us to begin her teaching career. We welcome Stephanie Weishaupt, who is an Area Coordinator in Residence Life!

Please keep your eye open for new and upcoming events. Your ideas and participation are always welcome.

Available Resources

- State of the art on site fitness center and pool!
- Walking map of Campus available on our web page!
- Healthy Rewards program for all BCBS insurance members!
- Student Health Center offers flu shots!
- Ergonomics Advisor available thru the Office of Environmental Health and Conservation!
- Employee Assistance Program offered to all UC employees and families!
- Check out the Health and Wellness Bulletin Board outside Rm 250 in White Hall for tips, recipes and upcoming events!