

WELLNESS WORKS  
BLATT PE CENTER  
1300 WHEAT STREET  
COLUMBIA, SC 29208

# Wellness Works @ USC

FACULTY & STAFF

FALL 2006

“Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, tolerant with the weak, and forgiving with the wrong. Sometime in your life, you will have been all of these.”

-Lloyd Shearer

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## What Can Wellness Works Do For You?

### Did you know that USC has an on-site wellness office for faculty & staff?

Wellness Works has been a part of USC since 1996. The office is located in the Blatt PE Center just as you enter the facility.

Under the Employee Insurance Program, USC faculty & staff who are enrolled in the State Health Plan, Standard Plan or Savings Plan, Companion HMO, CIGNA HMO, or MUSC are eligible to receive a \$15 worksite screening once a year. Screening includes a hemogram, lipid profile, blood pressure measurements, height and weight measurements, and a personal wellness profile.

Wellness Works offers walk-in blood pressure and body composition screenings Monday-Friday.

Wellness Works staff also partners with Campus Recreation to offer a Blatt PE Fitness Center orientation for those interested in learning about the fitness center or who want to become more familiar with the equipment.

Many programs are available during the year to assist with balancing your social, physical, emotional, intellectual, spiritual, and occupational wellness.

### Wellness Works

#### Office Hours

Monday	9-5pm
Tuesday	9-6pm
Wednesday	9-5pm
Thursday	9-6pm
Friday	9-5pm

\* Schedule is subject to change due to on-site screenings and programs.



Look for this logo at Wellness Works sponsored events.



Visit the Healthy Carolina website at:

[www.sc.edu/healthycarolina/](http://www.sc.edu/healthycarolina/)

### Why tobacco free?

USC's tobacco-free policy reflects the University's commitment to Healthy Carolina, which seeks to improve the health and well-being of USC students faculty and staff.

Tobacco is one of the leading preventable causes of death in the

country, responsible for one in every five deaths.

Faculty and staff who subscribe to the State Health Plan are able to participate in a program called Free & Clear. This program helps participants stop using cigarettes, cigars, pipes, and smokeless tobacco.

FREE Quit Smoking classes are also available on-campus in September, October, and November. Lunch-hour and evening classes are available. Zyban and the patch are also available for free. Classes meet twice a week for three weeks. Call 296-CARE to sign up.



### FREE Blood Pressure Screenings

Do you have hypertension? When is the last time you had your blood pressure checked? Under a lot of stress?

Stop by Wellness Works during office hours to have your blood pressure checked. This service is *FREE* and available to all faculty and staff.

Wellness Works staff is also available for on-site screenings. Contact our office at 777-6518 to schedule an on-site screening in your office.

### FREE PWP

A Personal Wellness Profile (PWP) is also a free service to all faculty and staff.

Stop in or call the Wellness Works office to receive an analysis of specific risk factors based on this comprehensive questionnaire.

Results are tailored specifically to your current health status. Encourage co-workers to fill one out as well. Wellness Works could give you an overall office health profile.

### FREE Body Comp. (% Body Fat)

Currently doing strength conditioning? Just starting to incorporate weights into your workout routine?

Stop by Wellness Works and have your % Body Fat calculated. This procedure is non-invasive using a hand held device that electronically estimates body fat from body water.

What a great way to set a long term goal and measure your success!

## COMING SOON! Walking Works

Mark your calendars! Walking Works registration is coming soon.

Walking Works is a six-week program that lets you determine your team, schedule, and level of involvement.

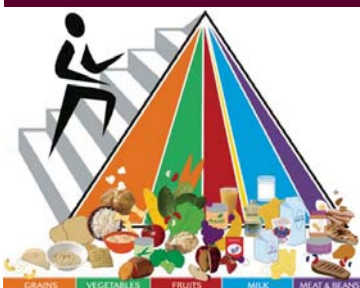
Teams of two and four will compete over the course of six weeks to earn points towards incentives offered from the Wellness Works office.



Registration will be open on Monday, September 11th. Registration will close Monday, October 2nd @ 5:00pm.

Teams will log points from October 8th-November 18th, just in time for the holidays.

To register, contact Wellness Works or visit the website, download the registration form, and send it in to the Wellness Works office.



Not the pyramid we grew up with!

Visit [MyPyramid.gov](http://MyPyramid.gov) to review the *NEW* food guide pyramid. Stop by the Wellness Works office to receive free information.

## Worksite/Health Screening

Full-time university employees who have health insurance are eligible to receive annual worksite screenings at a reduced cost of \$15.

The screening includes the Personal Wellness Profile (PWP), lipid profile, chemistry profile, red/white blood cell

count and blood pressure.

To make an appointment call the Wellness Works office at 777-6518. A Wellness Works staff member will schedule your lab appointment and send all necessary materials to your through campus mail.

Wellness Works staff will conduct a free follow-up consultation to review your lab and PWP results.

Your consultation will also include suggestions for making any necessary lifestyle changes to your current diet and/or physical activity level.

# Meet the Staff



Julie Scholdt, new Program Coordinator, joins us after four years at Elon University where she

served as the Associate Director of Campus Recreation & Coordinator of Substance Education. She is a nationally certified group exercise instructor and personal trainer. She has been teaching classes since 1998.

Julie earned her undergraduate degree in Recreation & Community Health from Western Michigan University. She received a Master of Arts degree in Physical Education from Western Michigan University in 2002.



Alan Gibson, Graduate Assistant, is starting his second year as an MPH student with an emphasis in Health Promotion Education, and

Behavior. Alan earned his Bachelors degree in Health Promotion at Appalachian State University.

Alan worked his first year as a graduate assistant in Campus Wellness before joining Wellness Works due to his interest in corporate and worksite wellness.

Alan is originally from Kings Mountain, NC.

E-mail Wellness Work staff @ [wellness@gwm.sc.edu](mailto:wellness@gwm.sc.edu)

*“ Be an example of what you want to see more of in the world.”*  
-Albert Einstein

## Become a Wellness Ambassador

Already a wellness advocate? Interested in learning more about Wellness Works? Join the Wellness Ambassador program.

The Wellness Ambassador team consists of faculty and staff across campus who share a common interest and practice of wellness in the work environment.

As an Ambassador you will be the

liaison to your colleagues and you will receive extra perks from the Wellness Works office.

Becoming an Ambassador will take very little of the already “very little” extra time you have, but will be a great benefit to those around you.

For more information or to sign up to become a Wellness Ambassador,

contact the Wellness Works office at 777-6518. You will receive detailed materials and have a chance to meet with other Wellness Ambassadors during the year.

Be a wellness advocate. Helping others is a great way to reduce stress and motivate yourself!

## Healthy Cooking & Baking Substitutions for Tailgating

Reduce the calorie, fat, and sugar intake for your tailgating celebration.

Instead of

Substitute

1 cup butter	vs.	1/2 cup applesauce
1 egg	vs.	2 egg whites
1 cup choc. chips	vs.	Mini choc. Chips
1 cup sugar	vs.	3/4 cup sugar
1 cup mayonnaise	vs.	1 cup reduced fat

Instead of

Substitute

1 cup whole milk	vs.	1 cup skim milk
Sour cream	vs.	Buy fat free
Cheese	vs.	Reduced-calorie
Bacon	vs.	Turkey bacon
Ground Beef	vs.	Buy extra lean

**Lets Go Gamecocks!**





**Wellness Works**  
"Promoting Wellness Where You Work"

Blatt P.E. Center  
1300 Wheat Street  
Columbia, SC 29208  
Phone: 803-777-6518  
Fax: 803-777-6250  
E-mail: [wellness@gwm.sc.edu](mailto:wellness@gwm.sc.edu)

TO: \_\_\_\_\_

Campus Mail: \_\_\_\_\_

Sign up for the Wellness Works list-serve at [wellness@gwm.sc.edu](mailto:wellness@gwm.sc.edu)



# Dates to Remember

**September 9th:**

Free quit smoking classes. Orientation and prescriptions 2-5p.m..

Class Meets (T, TH):  
12th,14,19,21,26,and 28 (6-7:30p.m.).

For more information or to sign up call 296-CARE.

**September 11th:**

Registration for Walking Works begins.

**September 16th:**

Sign up for the Parents Weekend 5K Run/Walk. First 400 registered are guaranteed a t-shirt. Register on-line at:

<http://campusrec.sc.edu/parents.asp>

**September 27th:**

Grocery store tour. For more information or to sign up call 576.9393. Grocery store tours are held at the Gamecock Bi-Lo on Devine Street from 6-7p.m.

**September 28th:**

Stop at the Benefits Fair between 9:30-2:30p.m.in the Russell House to sign up for programs or get more information on

any of the programs Wellness Works has to offer.

**October 2nd:**

Last day to register for Walking Works.

**October 5th:**

Free quit smoking classes. Orientation and prescriptions 2-5p.m..

Class Meets (M,W): 9th,11,16,18,23,and 25 (6:30-7p.m.).

For more information or to sign up call 296-CARE.

**October 8th-November 18th:**

Walking Works program

**October 20th:**

Registered dietician on campus will be available for appointments from 8am-12pm for minimal cost. Contact Wellness Works for more information.

**November 1st:**

Free quit smoking classes. Orientation and prescriptions 2-5p.m..

Class Meets (T, TH): 2nd, 7,9,14,16,and 21 (6-7:30p.m.).

For more information or to sign up call 296-CARE.

**November 6th:**

Grocery store tour. For more information or to sign up call 576.9393. Grocery store tours are held at the Gamecock Bi-Lo on Devine Street from 6-7p.m...

**Continuous service-**

- Blood pressure screening
- Body Composition (% body fat)
- Height & Weight
- Personal Wellness Profile
- Video Lending Library

-Join the Wellness Works listserv by e-mailing us at [wellness@gwm.sc.edu](mailto:wellness@gwm.sc.edu)

**Coming Soon!**

**Dynaband program**-learn to strengthen your body at your desk. Sponsored in part by the USC Staff Enrichment Committee.



*Wellness Works is a worksite wellness program for faculty and staff at the University of South Carolina. Student Health Services - Division of Student Affairs*

Email: [wellness@gwm.sc.edu](mailto:wellness@gwm.sc.edu) Website: [www.sa.sc.edu/wellness/ww.html](http://www.sa.sc.edu/wellness/ww.html) Phone: 777-6518