



Healthscoop






Winter 2019

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Winter is here!

How can you stay active this season despite cold weather and limited daylight?

-  **Attend a fitness class**, such as Cycle, Dance, and Yoga. Hoo's Well partners with IM-Rec to offer many free drop-in classes around Grounds. Call **434.924.3791** for the current schedule.
-  **Join a rec league**. Local parks and recreation departments offer adult leagues for basketball, volleyball, dodgeball, and more.
-  **Ring in the New Year with a gym membership**. Fitness centers often promote discounted memberships during the winter. Contact the fitness centers you're interested in and ask if they offer free visits to see if it's a fit.
-  **Register for free instructional fitness programs** with IM-Rec. Classes include swimming, tennis, weight training, and Couch to 5K. Call **434.924.3791** to learn more.
-  **Prep for summer**. Use this time to improve your backhand or golf swing. Find a personal fitness trainer who can create a workout for your performance goals.

Earn up to \$500 for taking health actions in the New Year!

Beginning January 15, 2019, all employees and spouses covered by the UVA Health Plan can earn rewards, access the new Hoo's Well portal and start participating in wellness checks, health assessment, Journeys, and Challenges. To create your account and get started, visit www.HoosWell.RedBrickHealth.com.



Cold & Flu Season Preparation

The peak of cold & flu season brings claims of products that "boost immune health" to prevent and treat illness. But what does the science say?



Here's what experts recommend:

Colds - Evidence-based approaches include oral zinc products, rinsing the nose and sinuses (with boiled or distilled saline water, using a neti pot or other device), vitamin C (for people under severe physical stress), probiotics, and meditation.

Flu - There is currently no strong evidence that any natural product is useful. Vaccination is your best protection.

Reduce your risk by washing your hands often with soap and water. Avoid touching your eyes, nose, and mouth.

The Gift of Good Health

Give yourself the gift of good health and schedule a **FREE** Hoo's Well appointment with a Registered Dietitian at the Northridge Nutrition Counseling Center. UVA employees and spouses who are covered by UVA Aetna insurance are entitled to **one free nutrition counseling session** each year. Call **434.243.4749** to register.



Visit www.hooswell.com for your good health.



Human Resources