

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE

www.gvsu.edu/healthwellness



GVSU Wins Healthy Workplace Award

Grand Valley was named a [Healthy Workplace by the Michigan Fitness Foundation](#) and the Governor's Council on Physical Fitness, Health and Sports. The announcement was made April 25th during a banquet in Detroit. The university won in the "very large category" of employers; others in the category were the University of Michigan and Blue Cross Blue Shield of Michigan.



President Thomas J. Haas said recognition from the Governor's Council validates the university's commitment to a positive work culture. "Faculty and staff members who are engaged fully in healthy living serve as role models for students and lead Grand Valley to fulfill its mission of providing a high-quality education," Haas said.

Lindsey, DesArmo, health and wellness manager, said criteria to be nominated for an award included workplace policies, established wellness programs, and employee incentives for health programs.

Success Story: Katie Lomas

About two and a half years ago, Katie Lomas—manager at the Laker Store—was inspired by one of her students to begin working out again, and has been dedicated to leading a healthy lifestyle ever since. She had not been involved with fitness for nearly seven or eight years prior, but now says that working out is one of her favorite parts of the day.



Being a morning person, Katie goes to the GVSU Recreation Center at 6am every morning before work. One of her students typically joins in her the gym, which helps to keep her motivated. Katie says she enjoys participating in yoga classes on campus when she can, and recently signed up with a Priority Health wellness coach to expand her health and wellness efforts.

Bringing fitness back into her life and eating healthy has helped Katie to regain her energy throughout the day. She meal preps on Sunday's to prepare for the week, and has worked to eliminate processed foods from her diet. Katie also does "time-restricted eating" from 8am-4pm each day, which she says has been an adjustment, but has also improved her energy levels and quality of sleep.

"The more healthy activities I partake in, the better I feel both physically and mentally, so I use it as a reward system."

To stay motivated, Katie likes to keep the future in mind. She says, "The days that I don't want to go are the days that I have to go, because that makes all the rest of it so easy." One of the things people get wrong about exercise and eating right is they punish themselves when they fall off, but Katie maintains a positive attitude, which makes all the difference.

Throughout her journey, Katie says that changing her mindset has been one of the most important parts of improving her wellness. For those looking to make a change, she suggests changing your perspective from "I have to do this," to "I'm so fortunate to be able to do these things." She also recommends having someone to help you along your wellness journey and says, "Finding someone to remain motivated with you is helpful. They hold you accountable, and it's fun being able to challenge each other!"

Emotional Aspect of Retirement Podcast



In this bonus podcast, ENCOMPASS consultant Sue Mansfield looks at how retirement can affect our emotions before, during, and after retirement. She offers tips and hints to help individuals through the process.

Visit the [ENCOMPASS website](#), then click on the orange "PODCAST" logo to listen to this month's feature and review the library of past offerings. (Username: gvsu)

UPCOMING EVENTS

I'm Dying to Talk With You

May 14 & May 16, 2019

This event will be presented by Dave Kamfschulte, who has been in the hospice field for 28 years as a volunteer, author and educator. Plan on spending a thoughtful and entertaining session as he relates his experiences, based on his book, *I'm Dying to Talk with You*, of interacting with patients and families at the end of life. You will leave with some unexpected new insights on initiating end of life conversations, advanced care planning, and helping people to think about and discuss death in a positive way.

Two sessions of this event will be held on:

- May 14, 4-5pm, in 2002 Seidman Center (Pew Campus)
- May 16, 12-1pm, in 2266 Kirkhof Center (Allendale Campus)

Register online: www.gvsu.edu/sprout

National Bike to Work Week 2019

May 13 - May 19, 2019

Get your bikes ready for National Bike to Work Week! The biggest day of the week, National Bike to Work Day, will be held on Friday, May 17. According to the Active Commute Week team in Grand Rapids, [bike commuters report lower stress and greater feelings of freedom, relaxation, and excitement than car commuters](#). Forty percent of all trips in the U.S. are less than 2 miles, making bicycling a feasible way to get to work. [Find out more here](#).

Farmers Market

June 5, 2019

We are only **one month** away from the [Farmers Market](#) opening day! Join us for lunch at the [Summer Grill Challenge](#) on June 5th, and compete against [GVPD in a fun run/walk](#) on June 19th. Don't forget to stop by your favorite vendors while you're there.

Summer Grill Challenge

June 5, 2019

Who will win on opening day this year? Public Safety and Housing staff team up against Facilities Services guest grillers to earn your vote for best recipe! Taste test both recipes for a \$7 donation. All proceeds go to a selected organization in need! [Find more information and past winning recipes here](#).



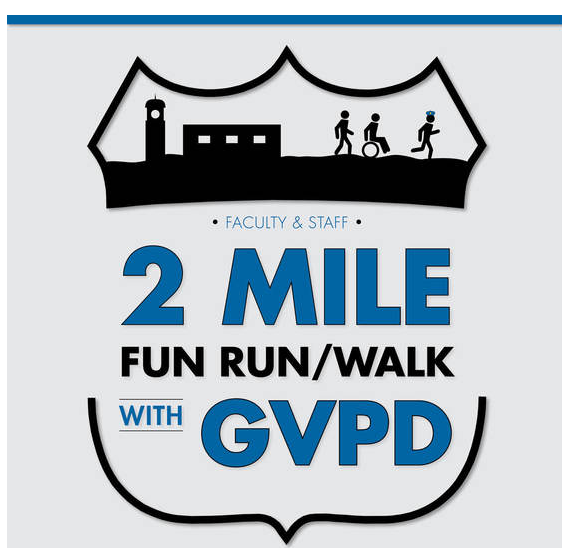
Run with GVPD

June 19, 2019

Challenge the GVPD to some healthy competition at the Farmers Market! All GVSU faculty, staff and family members are invited to participate in this [2 mile fun run/walk](#). Grab a colleague or your whole department to join in on the fun.

The race will start at 11:30am at the GVSU Farmers Market in Parking Lot G.

Lunch will be provided after the event for an additional cost.



Register today!