

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE
www.gvsu.edu/healthwellness



Success Story: Joseph Vugteveen

Joseph Vugteveen—project coordinator on the university's web team in Institutional Marketing—has always been an active individual, but found it hard to see progress by simply exercising on his own. Since getting involved in the faculty and staff group exercise classes on campus, he feels much happier and healthier.



The group exercise classes help Joseph to stay motivated and maintain a healthy lifestyle. He finds that having someone there to push him and hold him accountable is really beneficial. These classes are designed to fit into the work day, which helps, too. Joseph has been able to explore new things through the exercise classes, but his favorite is SPINNING®. Not only is it his favorite to attend, but Joseph is now a certified spin instructor, and recently began teaching faculty and staff classes. In addition to staying active, he has met with Elisa Salazar—the work life consultant—to gather insight and feedback around creating better life balance.

Joseph is a self-driven individual, and wanting to feel better and do better in every aspect of his life helps to keep him motivated. With the group exercise classes, he says, "I'm creating a 'contract' that says, 'If you [the instructor] are going to put in the time to teach this class, then I'm going to show up and do my best.' I'm going to respect the time and energy it took to prepare the class. That, to me, is motivation enough." Having that mutual accountability is valuable to him.

"We hold ourselves to such high standards. When we see ourselves slip up, we're usually very hard on ourselves. Giving yourself a little more room to not be perfect is important."

In order to stay positive, he says one of the most important things we can do is cut ourselves some slack. There is a small poster in his office that reads, "Let's make better mistakes tomorrow." Simply having those reminders helps to maintain a positive attitude, and allows us to take things one day at a time.

For others who want to feel better and be better in their lives, Joseph says, "Don't be afraid to ask for help." Whether it be in an exercise class, the workplace, or in our personal lives, there are experienced people here to help, but "they don't know that you need help unless you ask."

[Faculty and staff group fitness](#) spring session begins this week. Campus Recreation also offers classes for students, faculty and staff and [passes are now 1/2 off!](#)

Do you know a GVSU faculty or staff member who serves as a role model for others living a healthy lifestyle? [Nominate your co worker for our next newsletter!](#)

NUTRITION ISSUE

Happy National Nutrition Month!

March is National Nutrition Month! The Academy of Nutrition and Dietetics puts on a month-long campaign to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. [Visit their website](#) to learn more and find tips on nutrition, planning and prepping your meals, and more!



Check out the top [19 Health Tips for 2019](#), and other [tip sheets](#) on their site!



Campus Dining Healthy Eating Options

Check out Campus Dining's healthy guides to make smarter choices when eating on campus:

- [Vegan or Vegetarian Menu](#)
- [GVSU's "Healthy Approved" food guide](#)
- [Healthy Catering Menu](#)

Faculty and Staff Healthy Recipe Competition

Have a healthy recipe to share? Share your favorite healthy recipes with the GV community! [Find more information](#) on contest rules and how to participate.

Whether you submit a recipe or not, attend a [cooking class](#) or host a [potluck](#) to feature healthy recipes in your department!

Healthy recipe [submissions](#) will be accepted through **March 15 at 12pm**. Happy cooking!



UPCOMING EVENTS

March 7th: TIAA Financial Consultants on Campus

Discuss your personal financial situation with an experienced TIAA Financial Consultant on a confidential basis. They are available to discuss how to help you pursue your financial goals by investing in financial products such as mutual funds, brokerage, life insurance, and annuities. [For more information visit our website](#)

March 20th: Social Security Retirement Planning Workshop

This webinar will provide details not only on the retirement program but will cover the not so common filing strategy options when it comes to spouses and divorced spouses benefits, key factors to consider when determining the right time to file, how you can work and collect benefits at the same time and how and when to file the application. In addition, find out how your decision on when to file for retirement benefits can affect widow(er)s benefits and learn about Medicare - when you must have it and when you don't need it.

[Register now](#)

March 18-29: Cooking Classes

Attend a cooking class featuring recipes submitted during the faculty and staff Healthy Recipe Competition! Classes led by Mary Cummings, RD, Jody Vogelzang, RDN and GVSU clinical dietetics students the week of March 18th and 25th. Free for GVSU faculty and staff.

[Learn more and register](#)