

# HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE  
[www.gvsu.edu/healthwellness](http://www.gvsu.edu/healthwellness)



## What to do When Everyone is Getting Sick.

### **Call MedNow™.**

As a Priority Health member, you can get care for the comfort of your cabana, cubicle, college, or couch.

Introducing MedNow™, 24/7 virtual care delivered by care providers from one of the top 15 health systems in the country.

HERE'S HOW IT WORKS:

- Call MedNow at 844.322.7374
- You'll need to provide your ID number.
- The MedNow team will ask you a few health questions, including a brief description of your current symptoms.
- You'll be connected to a care provider who can get you on the path to better health.

**Make working out work for your immunity.** Review this infographic from Precision Nutrition:

[Exercise when sick? Should you sweat it out or rest and recover?](#)

### **Need a flu shot?**

[Flu shots still available at the Family Health Center](#)

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## Three Ways to Stay Healthy with Good Nutrition

### March is National Nutrition Month!

**1. Eat your daily dose of fruits and veggies.** Register now for [Competition Nutrition](#), a six-week program for faculty and staff that encourages healthier eating. Earn points for eating fruits and vegetables while receiving educational tips and healthy recipes along the way. Whether you want to lose weight, improve your health or have some friendly competition, this challenge is for you! The six week challenge begins March 13th!

**2. Participate in a supermarket tour.** It's far easier to lose weight and find health in the kitchen than at the gym. Spend some time in the supermarket with GVSU Health and Wellness Specialist, Lindsey DesArmo, to ensure healthy foods end up in your shopping cart and your kitchen.

**March 20th, 6-7:30pm, Standale Meijer**

Register online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

**3. Understand the true nutritional cost of "getting lean".** Six-pack abs. Lean, vibrant, flawless health. That's the image the fitness industry is selling. But have you ever wondered what it costs to achieve that "look"? What you have to do more of? And what you really have to give up? Find out in this [Precision Nutrition article](#) authored by RD's Ryan Andrews and Brian St. Pierre.

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## Health and Wellness Success Story: Rick Freehafer

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*"Do something little every day, that one little step could be the step that gets you going. Never give up, you're worth it".*

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A few years ago Richard Freehafer, the IT Coordinator for Facilities Services and Planning at Grand Valley, realized he needed to make a change. "I couldn't believe how bad it had gotten, it just crept up on me, and all of a sudden it was like holy cow I'm almost 400 pounds." He immediately made a lifestyle change and began going to weight loss classes. Although he had lost around 40 pounds through the classes, Richard hit a standstill and decided something else needed to be done.

In 2015 Richard had bariatric surgery, and soon after, a gastric sleeve. Despite two successful surgeries, Richard hit another standstill and decided he needed to take it to the next level. Richard started an exercise program and made sure to stay as active as possible, setting goals for himself, "I shoot for 10,000 steps every day. Every half hour, if I'm sitting at my desk, I'll get up and walk." He is sure to grab every opportunity available, even joining in on the student move-in to rack up the steps. The Running Club has also been a strong motivator, even when he misses a meeting Richard is sure to do the exercises at home.

While Richard has had several setbacks in his journey to getting healthy, including several injuries and illnesses, he keeps a positive mind. His biggest motivation is his family, "I'll open the refrigerator door and my wife will say 'wouldn't a glass of water be better than a glass of diet pop?'" He also finds "letting the little things every day be the motivation" like being able to go out and do things with his three daughters, to be the biggest prize of getting healthy.

One of Richard's biggest goals is to participate in the 5/3 Riverbank Run. "When I had my surgery I said when I turn 55 I want to do the 5/3 Riverbank Run", and with his 55th birthday having passed this February, Richard signed up for the 5k and hopes to progress to the longer runs in the following years. While he doesn't have a time limit in mind, his biggest motivation is finishing the race, his motto being, ***"It doesn't matter if they time you with a stop watch or a sun dial, as long as you do it."***

**Interested in joining the GVSU faculty and staff 5/3 Riverbank Run team?** Email Health and Wellness Specialist, [Lindsey DesArmo](#) for the team passcode. [Register for the race online.](#)

**Know a fellow faculty or staff member who is perfect for a success story?** [Nominate someone today!](#)

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## Promoting Wellness

### GV departments earn 'healthy' designation.

A total of 14 Grand Valley State University campus departments were designated "healthy" this academic year after participating in the GVSU Health and Wellness' Certified Healthy Department Program. Three of these departments earned the certified healthy designation for the first time: biomedical sciences, history and the Registrar's Office.

Joshua Stickney, lab supervisor and instructor in the biomedical sciences department, said his department made the decision to participate in the program last spring. In January, they found out they met the criteria for healthy department certification.

[Read more >](#)

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## Miss the on Campus Health Screening? It's not too late to participate.

Though the Healthy Choices program on campus screening dates are over, its not too late to participate. Complete the online Health Assessment and have your health care professional [submit a physician documentation form](#) before April 15th to be eligible for rewards.

[Learn more.](#)