

HEALTHY YOU: Year Five

The road to a HEALTHY YOU continues with new programming to support an active, involved, and healthy lifestyle.

SEPTEMBER 2014

Healthapalooza

Monday, September 22

10:30 a.m.–1:30 p.m., O’Neill Plaza

Rain date: September 29

Stop by the HEALTHY YOU table at the BC Office of Health Promotion’s annual Healthapalooza and receive your free Biodot stress meter! You can also participate in a free, two-minute lung health screening. Find out more about stress management, nutrition programs, the Walk Across Campus, smoking cessation resources, and other incentives and reimbursements. A Harvard Pilgrim Health Coach will be available to talk about the coaching program and offer advice about ways to achieve your health and fitness goals.

Weight Watchers

Starting the week of September 9

Mondays, 1:15–2:00 p.m., Flynn Recreation Complex

See www.bc.edu/healthy-you for details

Weight Watchers continues at Boston College! Visit the HEALTHY YOU website for information on registration and the \$150 reimbursement Boston College offers through Harvard Pilgrim Health Care.

OCTOBER 2014

Walk Across Campus

October 1–November 30

Kickoff walks: October 1 at 7:30 a.m. (RecPlex) and 12:00 noon (129 Lake)

The Walk Across Campus (WAC) is a two-month HEALTHY YOU team walking program. If you were on a team during the 2013–14 WAC, we encourage you to participate and to use the Fitbit BC purchased for you last year. All 1,400 members and team leaders from the spring 2014 WAC are already on their fall team and will not need to act further to remain on the team.

If you did not participate or receive a Fitbit last year, we’d love to have you join us! Distribution of Fitbits to new participants will begin the week of September 15 (first-come, first-served). For registration directions and Fitbit activation deadlines, visit www.bc.edu/healthy-you.

Eat to Nourish, Sleep to Flourish*

Presentation by Roxanne Prichard

Tuesday, October 7

12:00–1:15 p.m., Corcoran Commons, Heights Room

Scientific discoveries in the last ten years have demonstrated that diet and sleep are tightly coupled. Some nutrients promote sleep, whereas others disturb it. How much and how well we sleep influences what food we crave, how we digest food, and even where we store fat. Find out how making simple changes in your food choices and the timing of your meals and sleep can lead to improvements in your health, mood, and energy levels. *Roxanne Prichard is an associate professor of psychology at the University of St. Thomas. Cosponsored with the Office of Health Promotion.*

Health Fair

Tuesday, October 28

10:00 a.m.–2:30 p.m., Yawkey Center, Murray Room

Take time to take care of YOU. Preregister to get your flu shot while you’re here! Visit our HEALTHY YOU information table and receive a complimentary exercise band for simple stretching and toning exercises. Learn about multiple resources available to assist with smoking cessation. Meet with representatives from campus and community health resources and receive consultations on acupuncture, chiropractic, massage, stress management, and more!

NOVEMBER 2014

EveryBODY Get Healthy*

Presentation by Lauren Koretzki

Tuesday, November 18

12:00–1:15 p.m., Corcoran Commons, Heights Room

Join us for a live demo of “EveryBODY Get Healthy,” Harvard Pilgrim’s new online interactive wellness platform. Learn about the wide variety of features and functionality you will soon have access to as part of the HEALTHY YOU program. Lauren will guide you through the site, answer your questions, and share updates on the upcoming rollout. *Lauren Koretzki is director of wellness strategy and innovation at Harvard Pilgrim Health Care.*

*A light lunch will be served. All employees who attend are eligible to enter a raffle. The presentations will be recorded and posted on the HEALTHY YOU website for anyone who cannot attend in person.

**BOSTON
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HealthCare**



HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS

SAVINGS AND DISCOUNTS

HPHC members are eligible for savings on a variety of health-related products and services, as well as other discounts. Examples include fitness (up to \$150 health club reimbursement), athletic footwear, acupuncture and chiropractic services, vision care, and Weight Watchers. Find out more at www.harvardpilgrim.org/members.

SMOKING CESSATION ASSISTANCE

Just thinking about quitting smoking can be overwhelming for many people. Boston College is committed to assisting employees who wish to quit tobacco use. Based on the recent smoking cessation survey results, BC will offer tailored programs to help employees who wish to quit. For more information, including a brochure with a variety of free and discounted options for BC employees and family members, visit www.bc.edu/smokingcessation. Stay tuned for more information and we encourage you to participate in the **Great American Smokeout** on Thursday, November 20, 2014.

CAMPUS RECREATION PROGRAMS

Want to get fit, maintain a healthy weight, and have fun doing it? Campus Recreation is here to support you as you move toward a healthier, more active lifestyle. Please visit www.bc.edu/rec to learn more!

Fit Club: Weight Loss Program (formerly Biggest Loser)

For the following program, HR—through the HEALTHY YOU program—will reimburse benefits-eligible employees 50% at the conclusion of the program if the participant attends at least three out of the four classes per week.

Are you looking to create some life-long habits to help you reach a healthy weight? Fit Club is a semester-long small group training program and support group for individuals with a BMI greater than or equal to 27. The program includes goal setting, scheduled assessments, small group training workouts four days per week, fitness challenges, nutrition and fitness round-tables, and lots of support and encouragement. In order to register, a meeting with a fitness consultant is required for new and returning participants.

Eligibility criteria must be met in order to participate. Please visit www.bc.edu/rec to review the criteria.

Dates: September 9–December 10
Monday, Tuesday, Wednesday, and Thursday

Time: 7:15-8:15 a.m.

Program Cost: \$364 before reimbursement (participants must also be Campus Recreation members)

FALL 2014 BOSTON-AREA CHARITABLE WALKS

A new opportunity this semester incorporates BC's mission of being "men and women for others" into our HEALTHY YOU program. We are looking for employees to volunteer to lead or participate on a BC team for charitable walks in the Boston area. Each leader will function as the point person for the walk, under the name "Boston College HEALTHY YOU team." BC will provide leaders with a complimentary BC t-shirt and baseball cap and all participants will receive a BC t-shirt. Any fees associated with registration or fundraising are the responsibility of the participants. Please note that only the charitable walks taking place in October and November will count toward the WAC competition. However, all participants receive the benefit of getting exercise and walking for a good cause! For more information, please visit www.bc.edu/charitablewalks.

The 2014 Boston Heart Walk
Saturday, September 6, 2014
DCR Hatch Shell, Boston, MA
<http://heartwalk.kintera.org/bostonma>

Jimmy Fund Walk
Sunday, September 21, 2014
Boston College
www.jimmyfundwalk.org

2014 Walk to End Alzheimer's Greater Boston Walk
Sunday, September 28, 2014
DCR Paul Revere Park, Boston, MA
<http://act.alz.org>

Komen Massachusetts Race for the Cure
Sunday, September 28, 2014
South Boston, MA
www.komenmass.org

Making Strides of Boston
Sunday, October 05, 2014
DCR Hatch Shell, Boston, MA
<http://makingstrides.acsevents.org>

Welles Remy Crowther Red Bandanna 5k
Saturday, October 25, 2014
Boston College
www.bc.edu/offices/service/welles5k.html

Boston Walk to Defeat ALS
Saturday, October 25, 2014
South Boston, MA
<http://web.alsa.org/walk>

Visit www.bc.edu/healthy-you for more information.