Your Guide to Wellness at UCR
Introduction

The UCR Faculty/Staff Wellness Program supports your efforts to live a healthy lifestyle and provides tools, resources, and programs to help you every step of your wellness journey.

There are many benefits to participating in the wellness programs – increased energy and improved eating habits, for example – that can help you be more engaged and more productive at home and at work. Make physical activity, healthy eating, and work-life balance a priority and support your colleagues and family members to do the same.

UCR remains dedicated to your well-being. Please take advantage of the wellness opportunities available to you. Together, we can continue to improve the health of our entire UCR community.

To learn more about the UCR Faculty/Staff Wellness Program, please review this Guide and visit wellness.ucr.edu.
These tips contribute to a healthy work experience!

- Participate in activities offered by the UCR Faculty/Staff Wellness Program. Join the Wellness E-mail listserv by going to wellness.ucr.edu and receive the latest information and announcements.

- Meet your Wellness Ambassador. Don’t have one in your department? Consider becoming one.

- Bond with your co-workers and colleagues over a healthy lunch or walk.

- Create a comfortable workspace by requesting an ergonomic evaluation.

- Take stretch and water breaks to stay energized throughout the day.

- Bring a healthy lunch from home or choose a healthy option when eating out.

- Hold walking meetings to provide opportunities for exercise and creative thinking.

- Prepare healthy meal options for office meetings and potlucks.

- Support the UCR Smoke/Tobacco Free Policy. Take advantage of smoking cessation resources to quit today.

- Share the wellness tips you receive in the workplace with your family and friends.

wellness.ucr.edu
Eat Right

Campus Resources

Make Healthy Choices!

- **The Barn**: A casual dining location that is perfect for a relaxing lunch. Try an item from our Lighten Up! Menu or one of our vegan or vegetarian options. Our items will soon feature produce grown right here at our very own R’Garden!

- **The Market at Glen Mor**: The Market features two dining platforms as well as a mercantile section to suit your taste buds. Items are made fresh daily and feature a number of wholesome options. The Market at Glen Mor is also the pick–up site for the Community Supported Agricultural program that brings fresh produce straight from local farms to UCR.

- **The HUB**: Experience the taste of customizable Mexican, Asian, and Italian cuisine. Look for our “Healthy Dining at the HUB” brochure at each platform for tips on how to make your meals even more nutritious!

- **Bytes**: Enjoy delicious coffee, flatbreads, and sandwiches.

- **Ivan’s**: On the go and need a quick bite? Featuring coffee, salads, sandwiches, and snack items, Ivan’s is the perfect pit stop!

- **The Grill at Latitude 55**: In the mood for a burger, but watching your waistline? Try one of our vegetarian burgers with a side salad!
Eat Right

- **Scotty's Convenient Stores:** With various locations around campus, healthy meals and snacks are readily available. Many of these items are organic and sourced using sustainable practices.

- **Subway:** Your favorite Subway sandwiches, salads, and breakfast items are available here on campus. Items are customizable which means you can add more veggies and choose whole grain options.

- **Coffee Bean & Tea Leaf:** Providing more than just coffee, Coffee Bean and Tea Leaf offers healthy breakfast and lunch options. Try the steel-cut oats or the fruit parfait — you’ll love them!

- **Lothian & Aberdeen-Inverness Residential Restaurants:** Not just for students, our residential restaurants are available to faculty and staff and feature freshly made entrees, a vegan/vegetarian bar, as well as a 21-topping salad bar.

- **Citrus Grove Catering:** From beverage service to fun-filled barbeques and gala receptions, the Citrus Grove Catering staff is committed to providing the finest in menu selections and service to the University community.

Local Resources

- **UV Dining Guide:** Review this guide to find the healthiest options at the University Village.
Move More

Incorporate physical activity into your daily routine!

Campus Resources

- **MobileFit**: Take part in 30-minute workout sessions held on campus.
- **Recreation Center**: Gain access to a number of fitness classes, cardio and weight machines, and personal trainers at the Recreation Center.
- **WalkingFit**: Get a free pedometer, resistance band, and exercise booklet to walk your way to prizes and rewards.
- **Instant Recess Breaks**: Take 10-minute exercise breaks during the day with programs developed by Dr. Antronette Yancey from UCLA.
- **Well@Work Stretches**: Use this guide to learn stretching techniques that can be done in the workplace.

Local Resources

- **Hike the C**: Hike this trail located on Box Spring Mountain, just east of the campus.
- **Hike Mt. Rubidoux**: Venture through this 3-mile hike to reach the Peace Bridge and summit, as well as view all of Riverside.
- **Walk Riverside**: Use this guide, provided by the City of Riverside, to gain knowledge of the various trails locally available.
Stress Less

Decreasing stress increases productivity!

Campus Resources

- **Faculty & Staff Assistance Program**: FSAP offers counseling and referrals to those with personal concerns.
- **Optum Behavioral Health**: Resources and services for behavioral health provided to all employees.
- **Family Care Resources**: Get relief from childcare and eldercare through Bright Horizons Care Advantage.
- **Counseling Center**: Access the Audio Library including breathing exercises, muscle relaxation and several forms of meditation.
- **UCR Botanic Garden**: Enjoy this relaxing environment filled with 3500 plant species spread out on 40 acres of land.

Local Resources

- **UCR ARTSblock**: Visit the premier art institute made up of the California Museum of Photography, the Sweeney Art Gallery, and the Barbara and Art Culver Center of the Arts.
For More Information

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