

ORDERING IS EASY AS 1, 2, 3...

1. Select item(s) from our menu and email wellness@ucr.edu to place your order.
2. Please provide the following information:
 - a. Menu selection(s)
 - b. Dates (please provide 3 possible dates and times)
 - c. Location
 - d. Time
 - e. Approximate number in your party
 - f. Any special requests or accommodations
 - g. Contact person
3. Allow at least 3 weeks to process your order. You will receive a confirmation from one of our staff to confirm your delivery. Please note that special requests may need at least a month advance notice.

The UCR Faculty/Staff Wellness Program and Ergonomics Program are delighted to share with you an exciting new array of innovative health and wellness selections which can be customized to the needs of your department. Our wonderful and talented staff caters only the freshest, highest quality options served right in the comfort of your own office.

Place your order today!

TAKE OUT

In a hurry? Order from any of our 12 take out items below. Upon receiving your order, we will send you materials you can use at staff meetings, on bulletin boards, etc.

1. A healthy breakfast
2. Moving more at work
3. Drink it up: Tips for selecting a better beverage
4. Basic healthy habits you probably aren't doing
5. The better way to read packaged food
6. Smoke/Tobacco-Free policy
7. Happiness and health
8. Getting your family on board
9. Do you know your numbers?
10. How to pick healthier items on a menu?
11. Seven habits of healthy people
12. Tips to eating less without even noticing it

Menu of Services



Just for Starters (Approximately 20 minutes) Wet your taste buds with a sample of what the Wellness and Ergonomics Programs offer UCR faculty and staff, loaded with information about our programs, services, and resources.

MAIN COURSES

What you've all been waiting for – delectable and enticing educational seminars. Choose from the following wonderful treats: (Recommended duration: 30 minutes, can be customized to your department needs)

Move More Sitting can be hazardous to your health! Learn to move more for better health at work and at home. This presentation is stuffed with ways to increase movement/activity throughout the day to promote better health and reduce ergonomic risks.

Healthy Habits for Life A look at habits that contribute to healthy living and longevity. This session is topped with a selection of practical tips and strategies that can easily be incorporated into your daily routine.

What's Your Plan? – Wellness Goal Setting Failing to plan is planning to fail..... This generously sized session will walk you through the steps of setting a wellness goal, identifying barriers and solutions, served along with a goal setting exercise.

Quitting! – Tobacco Cessation Seminar The best thing you can do for your health is to quit all tobacco products. Filled with quitting strategies and cessation resources sure to whet your appetite.

Healthy Meal Planning on a Dime Is it possible to eat healthy when money is tight? Join us for an interactive session to plan tasty meals without hurting your pocketbook or your waistline. One taste will leave you wanting more!

Nutrition Kitchen Makeover Learn how your kitchen may be preventing you from eating healthfully. Packed with practical tips and tools, this session is a must.

The How to Happiness and Stressing Less A full plate of tips to increase your happiness factor with a side of stress less tips anyone can enjoy. Discover the flavors of feeling great and living well.

Ergo Life Learn how to increase your comfort and maximize your productivity, whether at work, at home or in the car. Take care of yourself during your daily activities and feel as good in 10 years as you do today!

Bringing Healthy Back You only have one back and it needs to last a lifetime. Learn how to take care of your back, prevent injuries, and stay active.

Ergo Tech New technology brings new ergonomic risks and injuries. Learn how to use a variety of devices to increase your health and productivity!

SPECIALTIES

(Recommended duration: 30-60 minutes, can be customized to your department needs) Bold and bursting with flavor - Our specials are prepared in the following ways:

Creating a Healthy Workplace Environment A unique twist to makeover your work environment with new ingredients for a healthier workplace. Participants will be provided with a healthy culture audit and engage in strategies for change.

Wellness Toolkit for Managers/Supervisors Your role as a supervisor/manager is key to creating a culture of health and wellness in your area. Infused with ways to lead by example and motivate your employees towards better health.

Smoke/Tobacco-Free Policy This session will serve to answer many questions about the smoke and tobacco-free policy, enforcement, and cessation. Support a healthy, safe, and clean campus! A can't miss dish!

Smoke/Tobacco-Free — AIR: Approach, Inform, and Refer Made to order, the way you want it. This session mixes a combination of education and role playing exercises.

SIDES

Great with any main course/entree or on their own!

FitBreaks 10-15 minute stretch and movement breaks delivered right to you. No special clothing or equipment required. Light & Refreshing!

Bring on the Bands! 20-30 minutes of interactive exercise band instruction featuring strengthening and stretching exercises. No special clothing required.

DESSERT

Enjoy a mouth-watering treat!

UC Living Well – Optum Wellness Benefit/ Incentive Program Eligible employees can earn points towards a \$75 VISA gift card by participating in UC Living Well activities at UCR or through Optum Health. You don't want to miss out on this special!

Sampler Tray Customize your session by mixing and matching any of the items on this menu for a wonderful treat!

BEVERAGES

Quench your thirst with the following selections:

Know Your Numbers

• Blood Pressure • Body Composition • Weight

Conducted for groups over a 1-2 hour timeframe, can be customized to your department needs

1:1 Wellness Consultations Meet with an expert staff to discuss your wellness goals and action plan. Your experience lasts 20-30 minutes.