



EMPLOYEE WELL-BEING

NEWSLETTER

MAKE TIME FOR PHYSICAL ACTIVITY

JUNE 2022

June brings flowers, warmer weather, and the opportunity to be more active outdoors. A variety of events and workshops focus on this month's Healthy Boiler pillar of wellness, physical health.

There are many ways to increase your physical activity whether you prefer to be indoors or outdoors, solo or in a group, on or off campus, day or evening—we've got it.

If you are interested in biking, walking, or running, this month is full of opportunities for you to participate in community events in the greater Fort Wayne area as well as on our campus.

Perhaps you are exploring which physical activities interest you or you want to begin a new fitness routine or change your current one. You can learn about tips to get active as well as the physical and mental benefits of physical activity at the Get Active workshop.

We invite you to participate in activities and join workshops which complement this month's pillar of wellness and relate to this month's theme—Rethink Your Drink.

- Join Team Purdue Fort Wayne and select PFW as your charity partner at the **Fort4Fitness Spring Cycle**.
- Take a mid-day break and join the **Healthy Boiler Walking Group** or the **In-person and Virtual Employee Yoga Class**.
- **Healthy Boiler Workshops: Get Active** and **Cutting Down on Sugar**.
- Sign up for Fort Wayne's biggest office party, the **Corporate 5K** or 1-mile Run/Walk
- Utilize the **Fitness Center** for cardio workouts, strength training, group exercise classes, and personal training.

Events and programs are open to ALL campus faculty and staff unless specified in program details. Please visit the HB Employee Well-being [web site](#) to print this newsletter or any of the previous newsletters in our archive.

Questions about our programs and events? Email HBwellbeing@pfw.edu.

Please forward this newsletter to others in your department.



Healthy Boiler Virtual Workshop: Get Active

Friday, June 17
Noon–1 p.m.
ZOOM Virtual Meeting

Warm weather makes it easier to engage in physical activities outdoors. Join health coach Lindsay Bloom for this [virtual workshop](#), to learn about the physical and mental benefits of physical activity and start feeling better. Whether you choose an indoor or outdoor activity, the goal is to increase your physical activity.

Open to all faculty and staff. Meeting link will be sent prior to event.

Log in to the [Healthy Boiler portal](#), then scroll to Healthy Boiler Workshops to register online or email Bloom at lbloom@pfw.edu.

Questions? Please email Bloom at lbloom@pfw.edu.

FOCUS ON PHYSICAL HEALTH



Employee Yoga Class: In-person and Virtual

Wednesdays, June 1–29

Noon–1 p.m.

Fitness Center Studio and ZOOM Virtual

Learn yoga poses and techniques to practice yoga anytime, anywhere. Work at your own level guided by health coach Lindsay Bloom. All levels welcome. Open to all faculty and staff.

In-person class registration: Join the day of the class and meet at the Gates Center Fitness Studio.

[Register for ZOOM class:](#)

- Meeting ID: 971 2106 0966
- Passcode: Relax

Questions? Email Bloom at lbloom@pfw.edu.



Charity Partnership: Fort4Fitness Spring Cycle

Saturday, June 4

8 a.m.–2 p.m.

Promenade Park, Downtown Fort Wayne

If you like to ride your bike, There's still time for you and your family and friends to sign up for the [Fort4Fitness Spring Cycle](#). In-person tours are \$40; virtual tour is \$20. A sign-up fee will be added to the ride fee. View [registration details](#) for all tours.

[Register here](#) to select the tour of your choice and choose PFW from the drop down list as your [charity partner](#). Last day to register: June 1, 11:59 p.m.

Questions? Contact Eric Manor, director of Well-being and Recreation (WellRec), at manore@pfw.edu or call 260-481-6647.



Healthy Boiler Walking Group

Mondays, June 6–27

Noon–12:30 p.m.

Alumni Plaza by Mastodon Statue

Take a 30-minute mid-day break from sitting at your desk. Invite your friends to join the Healthy Boiler Walking Group, a fun way to add movement to your day while socializing with others. The group will meet health coach Lindsay Bloom every Monday at noon June 6–27 at the Mastodon sculpture outside the Helmke Library.

No registration needed. Visit the [Events Calendar](#) for details about where to meet in case of rain and the benefits of walking.

Questions? Please email Bloom at lbloom@pfw.edu.



Garden Walk and Plant Sale

Saturday, June 25

10 a.m.–1 p.m.

Purdue Extension, Allen County

Be inspired by the beauty of the display gardens at the Purdue Extension on our campus. Master gardeners will be on hand to answer questions and guide you through the gardens. Event is rain or shine.

Shop at the Plant Sale for your own garden or your indoor space. Plant sale is CASH or CHECK.

This family friendly event is open to the public and includes activities, prizes, local vendors, and more. Visit [Facebook](#) for more information.

Questions? Call the Purdue Extension Office at 481-6826.



Healthy Boiler Virtual Workshop: Cutting Down on Sugar

Wednesday, June 29

Noon–1 p.m.

ZOOM

Have a hard time controlling your need for sugary drinks? Join Melissa Covarrubias, Behavioral Health Counselor from the Purdue Center for Healthy Living, to learn about the overall effects sugary drinks have on our bodies, what it looks like when sugar becomes an addiction and how to cut back on unhealthy drinks.

[Register](#) for the workshop. Meeting link will be sent prior to the event.

Questions? Email employee health coach Lindsay Bloom at lbloom@pfw.edu.



Fort Wayne Corporate 5K: Team Purdue Fort Wayne

Thursday, June 30

5:30–8:30 p.m.

The Plex North

If you like to walk or run for enjoyment, fitness or competitively, join Team Purdue Fort Wayne and participate in the [Corporate 5K](#). Event includes a 5K run/walk and a 1-mile run/.

The first 50 employees, spouses and students who register with Team Purdue Fort Wayne receive a free registration.

Visit the [Events Calendar](#) for race details, cost, and registration link.

Questions? Email Eric Manor, director of Well-being and Recreation at manore@pfw.edu.

STAY ACTIVE AT THE FITNESS CENTER



Summer Semester

The Fitness Center offers a variety of ways to stay active over the summer—cardio machines, free weights, assisted weight machines, group exercise classes, or personal training—there’s something for everyone.

Visit the WellRec [web site](#) for fitness center summer hours, a list of group exercise classes for summer, and more.

Questions? Email Nick Brand, Well-being and Recreation Coordinator, at brannj01@pfw.edu or call the front desk at 481-6655.

DEVELOP LIFELONG WELL-BEING HABITS

Lifestyle Education Programs

Lifestyle Education programs focus on creating lifelong habits to improve and maintain your health and well-being. They are offered exclusively to benefits-eligible employees and their covered spouses as part of the Healthy Boiler Program. [Read more about the Lifestyle Education programs.](#)

A new program, Pivio, will replace the Complete Health Improvement Plan (CHIP) and will begin at the end of August. HealthKick and Heart Knowledge lifestyle education programs will begin in September.

Questions? Email health coach Lindsay Bloom at lbloom@pfw.edu.



121 Group Health Coaching Classes

Employee health coach Lindsay Bloom leads three group health coaching classes throughout the year which focus on physical fitness: 121Fit, 121Stretch, and 121Strong.

These educational and active classes will give you the tools to create an individualized training program that is realistic, manageable, and contributes to your overall health and fitness classes. Visit the Healthy Boiler Employee Well-being [web site](#) for details about each class.

Questions? Email Bloom at lbloom@pfw.edu.

Purdue Extension-Allen County Programs

Your local extension office on the campus offers many programs throughout the year related to health, education, and well-being.

- [2021-2022 Educational Programs and Descriptions](#)
- [2021-2022 Special Interest Classes](#)

Questions? Call their office at 260-481-6826.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER JUNE CHALLENGE: GO WITHOUT FRIED FOODS CHALLENGE

June 1-30

The No Fried Foods Challenge invites you to go without fried foods for 30 days. To complete the challenge, track the number of days you refrain from eating fried foods. Here's looking at you french fries, potato chips, and wings. Download the [Monthly Challenges Calendar](#) for the other challenges being offered.

Join the challenges and track your activities by going to the [Healthy Boiler Portal](#), scroll down to Healthy Boiler Monthly Challenges. You may either click on the information icon to learn more or select track to record your activity for the challenges. Not signed up for the Healthy Boiler Program? [Learn more](#) and [join](#).



THE HEALTHY BOILER PILLAR FOR JUNE: PHYSICAL HEALTH

Your physical health is critical to your total well-being, so Healthy Boiler Employee Well-being provides lifestyle education programs, workshops, group fitness classes and more to enhance your physical well-being. This includes some of the following:

- [Lifestyle Education Programs](#)
- [Healthy Boiler Workshops](#)
- [121 Group Health Coaching](#)
- Learn more about [other fitness activities](#) which support the physical health pillar of wellness.



Behavioral Health



Financial Wellness



Physical Health



Social Wellness



Work-Life Integration

Your HB Employee Well-being Team:

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FORT WAYNE