## 2014 WELLNESS INITIATIVES

**Walk on Wednesdays & Walk to Win**

**Healthier U Ambassadors**

**Submit a Program Proposal**

**Blog**

**WALK ON WEDNESAYS & WALK TO WIN:**

[***Walk on Wednesdays***](http://www.stonybrook.edu/sb/healthieru/walking.html) is back! Come join coworkers for a healthy walk around campus every Wednesday at noon for a total of twelve walks beginning March 19th through June 4th. Register to walk once, indicating your preferred walking location. You will be assigned a group leader and then the fun begins! Start earning Healthier U incentives after you walk six times. Get all three incentive prizes if you walk 10 out of 12 weeks!

Looking to add that competitive spirit and walk at any time? Then [***Walk to Win***](http://www.stonybrook.edu/sb/healthieru/walking.html)might be right for you. Be sure to have two other SBU Employees walk with you and report the distance walked to your area walk leader. The campus location with the most miles walked per person will win a healthy reward sponsored by Healthier U.

To register, click [here](https://docs.google.com/a/stonybrook.edu/forms/d/1tK2y52EHp0AO7SUg27KdCltr9A6R265omPoOGS8vgjQ/viewform?edit_requested=true). Or visit our website, [www.stonybrook.edu/healthieru](http://www.stonybrook.edu/healthieru) and click on the Walking Program tab. You’ll also find new maps of all our walking locations on the site.

**HEALTHIER U AMBASSADORS:**

Healthier U needs your help. We are seeking ***Healthier U Ambassadors*** to help share information about our initiative with your co-workers and colleagues.

To become a Healthier U Ambassador, [apply now](http://www.stonybrook.edu/sb/healthieru/getinvolved.html) online and attend an informational meeting to learn more. If you decided to join our team, we'll provide you with a free Healthier U T-shirt and goody bag.

As an Ambassador, you will help support the mission of Healthier U by promoting health and wellness among faculty and staff. You will share information about programs, activities and resources with your department, co-workers and colleagues, and provide Healthier U with suggestions and ideas.

To learn more, visit [www.stonybrook.edu/healthieru](http://www.stonybrook.edu/healthieru) and click on “[Get Involved](http://www.stonybrook.edu/sb/healthieru/getinvolved.html).”

**SUBMIT A PROGRAM & LET US PROMOTE YOUR PROGRAM/EVENT**

Would you like to share your expertise with our Stony Brook faculty and staff? We invite you to [submit a proposed program](http://www.stonybrook.edu/sb/healthieru/programcriteria.html) that relates to any one or more of the [dimensions of wellness](http://www.stonybrook.edu/sb/healthieru/images/sixdimensionsfactsheet.pdf) and meets Healthier U’s guidelines/criteria. Healthier U’s Advisory Committee will evaluate all requests for programs. If approved, we can help coordinate the program for you and promote it to the Stony Brook community. Also, if your department or division is already sponsoring a wellness program or event, please [contact Healthier U](http://www.stonybrook.edu/sb/healthieru/contact.html) to request it be listed on our website.

**BLOG – LET’S TALK**

Welcome to our [blog](http://you.stonybrook.edu/healthieru/). Have a question, comment or suggestion for Healthier U? Want to get involved and support wellness in the workplace? Now you can communicate directly with us via Healthier U’s new blog!

Make this spring a time of renewal, and step out for a [Healthier U](http://www.stonybrook.edu/sb/healthieru/programs.html)!