

FACULTY & STAFF HEALTHY LIVING RESOURCES

- SPH “Take a Break” Walking Loops
Maps link on the Culture of Health website (includes a 5-minute Hooker Loop, 10-minute SPH Loop, 15-minute Bell Tower Loop)
- H.E.E.L.S. for Health Employee Wellness Newsletter
Employee teams can compete for prizes by completing various fitness activities, such as social walks and runs, number of steps competitions, etc.
- Employee Healthy Living Discounts
 - UNC HR Tar Heel Discounts & Perks: <http://hr.unc.edu/benefits/tar-heel-discounts-and-perks/>
- Walkfit Station (131 Rosenau) - Do your work at one of two Treadmill workstations! Calendar and user guide: http://sph.unc.edu/files/2013/07/ws_userguide_0110.pdf
- UNC Farmer’s Market at the Children’s Hospital Concourse - You don’t have to leave campus to get seasonal fruits and veggies from a local farm!
When: **Wednesdays, May 6th-Oct 28th, 2015 from 11am-2pm**
Meet your farmers: The Farm at Penny Lane, Eco Farm, McAdams Farm, Parker Farm & Vineyard, Carrboro Tropicals, PlowGirl Farm, Azurelise Truffles, Heaven Hill Farm
- UNC HR and the State Health Plan offer smoking cessation resources:
 - The American Cancer Society’s Freshstart Program is a four-week course on campus available through Human Resources. For more info, contact Aimee Krans at aimee_krans@unc.edu.
 - SHP NC HealthSmart’s: Internet-based Stop Smoking program – refers employees to Quitline
- Worksite Wellness Resources: <http://www.shpnc.org/ncHealthSmart/default.aspx>
 - Nurse 24/7, Maternity coaching, tobacco cessation, diet and chronic disease management
- Community Run Clubs
 - West End Run Club - Meets at DSI Comedy on Tuesdays at 6PM; participate in 5 runs and get a free 5-class pass to Franklin Street Yoga!
 - Fleet Feet Pub Run - Meets at Fleet Feet Carrboro on Wednesdays at 6PM; 3 and 5 mile loops available, followed by fun activities at a local pub

*If you have any other ideas or would like to get involved,
contact us!*