



## Welcome to the University of North Dakota!

We know that new employee orientation can be overwhelming with lots of new information coming from every direction. We want to welcome you and let you know that UND prides itself on encouraging and promoting lifelong employee and family wellness!

Work Well, our employee wellness program, provides engaging challenges, on-going programs and access to resources to promote lifelong, multi-dimensional well-being for you and your family. Enclosed you will find the following resources to help you craft a wellness lifestyle that works for you:

- Work Well brochure & contact information
- UND Wellness Center offerings
- Campus walking map
- ND Quits brochure

Please refer to the Work Well website, [UND.edu/workwell](http://UND.edu/workwell), for full details on programs, services, resources and upcoming challenges.

We wish you much success and happiness in your position at UND and good health to you and your family!

Sincerely,



**Kathryn Wise, MPH, CHES**  
Work Well Coordinator  
Wellness & Health Promotion  
University of North Dakota

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 @UNDworkwell

**WORK WELL**  
STAY STRONG • LIVE LONG • FLY FAR

# WHAT IS WORK WELL?

Work Well is the employee wellness program for the faculty and staff at the University of North Dakota that creates impactful experiences for the campus community to encourage and promote lifelong, multi-dimensional well-being. We provide services, programs, education, support and resources to cultivate a culture of wellness that focuses on the seven Dimensions of Wellness: Spiritual, Intellectual, Occupational, Environmental, Physical, Social and Emotional.

## WHO CAN JOIN?

It is open to all UND staff, faculty, and their eligible dependents. There is no need to enroll.

## HOW MUCH DOES IT COST?

It is FREE to participate in most programs.

## WHY PARTICIPATE?

Work Well can help you meet or maintain your wellness goals, learn something new, or have fun with coworkers! Participants in wellness programming report having increased productivity, reduced sick days, and reduced health costs. \*Institute for Healthcare Consumerism



# WORK WELL AT A GLANCE

## CHALLENGES

**LEVEL UP**  
CHALLENGE



**NUTRITION**  
**BINGO**

*Good Nutrition is our Mission.*

**GET**  
*moving*

## PROGRAMS

- Zen in 10
- Health Screenings
- Flu Vaccinations
- Wellness Educational classes and opportunities

## POINTS OF PRIDE

- First in the state to receive the American Heart Association Platinum Fit-Friendly Company Award. Received annually since 2008.
- First University in the nation to receive the CEO Cancer Gold Standard. Received annually since 2008.

## CONTACT INFORMATION

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[UND.EDU/WORKWELL](http://UND.EDU/WORKWELL) [FACEBOOK.COM/UNDWORKWELL](https://FACEBOOK.COM/UNDWORKWELL)



# PROGRAMS & SERVICES

PROVIDING A CULTURE OF WELLNESS  
THAT EDUCATES AND IMPACTS  
THE UND COMMUNITY

## MEMBERSHIP & RATES

### Students:

Membership access to the Wellness Center is included for students who are enrolled in classes and paying mandatory student fees during the given semester (Fall/Spring/Summer). Just bring your Student ID each time you visit!

### UND Faculty & Staff:

UND faculty and staff are eligible to purchase Wellness Center memberships. There are month, semester, or full year options .

Sponsored memberships are available for member spouses, partners or dependents over 18 years of age.

### For additional membership information:

[UND.edu/wellnesscenter/membership](http://UND.edu/wellnesscenter/membership)

## LOCKER & RENTALS

Size	Semester
Full Length	\$30
Half Length	\$20

## GROUP EXERCISE

The Group Exercise program is essential for creating a social and motivating atmosphere to encourage participation and meet the ACSM and CDC guidelines for physical activity. Classes include Cycling, Yoga, Dance, Strength and Cardio and are all free!



Interested in getting active outside or just want to explore the outdoors? Then gear up for adventure at The Outpost! For a full list of equipment rentals available, check out our website or stop by during regular facility hours.

No membership required!

## MOBILE APP

Our Mobile App gives you access to class schedules, rec sports, facility hours, and immediate notifications in the palm of your hand!



## FACILITY HOURS

Monday-Friday	6 a.m. - 10 p.m.
Saturday	9 a.m. - 8 p.m.
Sunday	11 a.m. - 9 p.m.

Holiday and summer hours vary.

801 Princeton Street  
Grand Forks, ND 58202  
701.777.WELL  
[UND.edu/wellness](http://UND.edu/wellness)



## MEMBERSHIP BENEFITS

- Work out in a nationally recognized, modern facility with equipment featuring the latest technology.
- FREE Group Exercise classes (yoga, cycle, strength/cardio, dance)
- Use of three Rec Courts, Multi-Activity Court, and Indoor Track.
- Access to 60+ pieces of cardiovascular equipment, including bikes, rowers, treadmills, ellipticals and more.
- Access to a fully equipped strength floor (machine/free weights)
- Meditation and relaxation space in our Quiet Lounge.
- FREE Fitness Services including equipment orientation and a complete fitness assessment.
- FREE Sports and Fitness equipment check-out
- Access to nationally certified personal trainers (additional fee).
- FREE cooking classes in the Culinary Corner
- FREE access to our 30' Rock Wall
- Use of a Self-Care Station to check blood pressure and weight.



## ROCK WALL

Interested in a new way to stay active and healthy? The rock wall may be just what you're looking for! The natural look, open air and natural light will have you climbing to the peak. Stop in and ask our staff about techniques, incorporating the wall into your workout routine, or just for an interesting conversation!



## RECSPORTS PROGRAM

The RecSports program offers students the opportunity to participate in a variety of competitive and recreational sport activities and special events, such as Basketball, Volleyball, Indoor Soccer, Ice Hockey & much more!



## CULINARY CORNER

Culinary Corner is the demonstration kitchen located on the first floor of the UND Wellness Center. Our instructors range from students to guest chefs and each has their own specialty. Whether they make sushi or homemade pizza, you will learn culinary skills and tips on healthy eating.



## RESOURCES

Wellness & Health Promotion has a resource area that offers educational information and resource items on the topics of alcohol and other drugs, mental health, nutrition, physical, sexual health, sleep, tobacco and violence prevention. Additionally, another valuable resource are the peer educators. They are students who are knowledgeable about each of the topic areas and are available to do presentations and host a variety of educational / outreach events around campus.

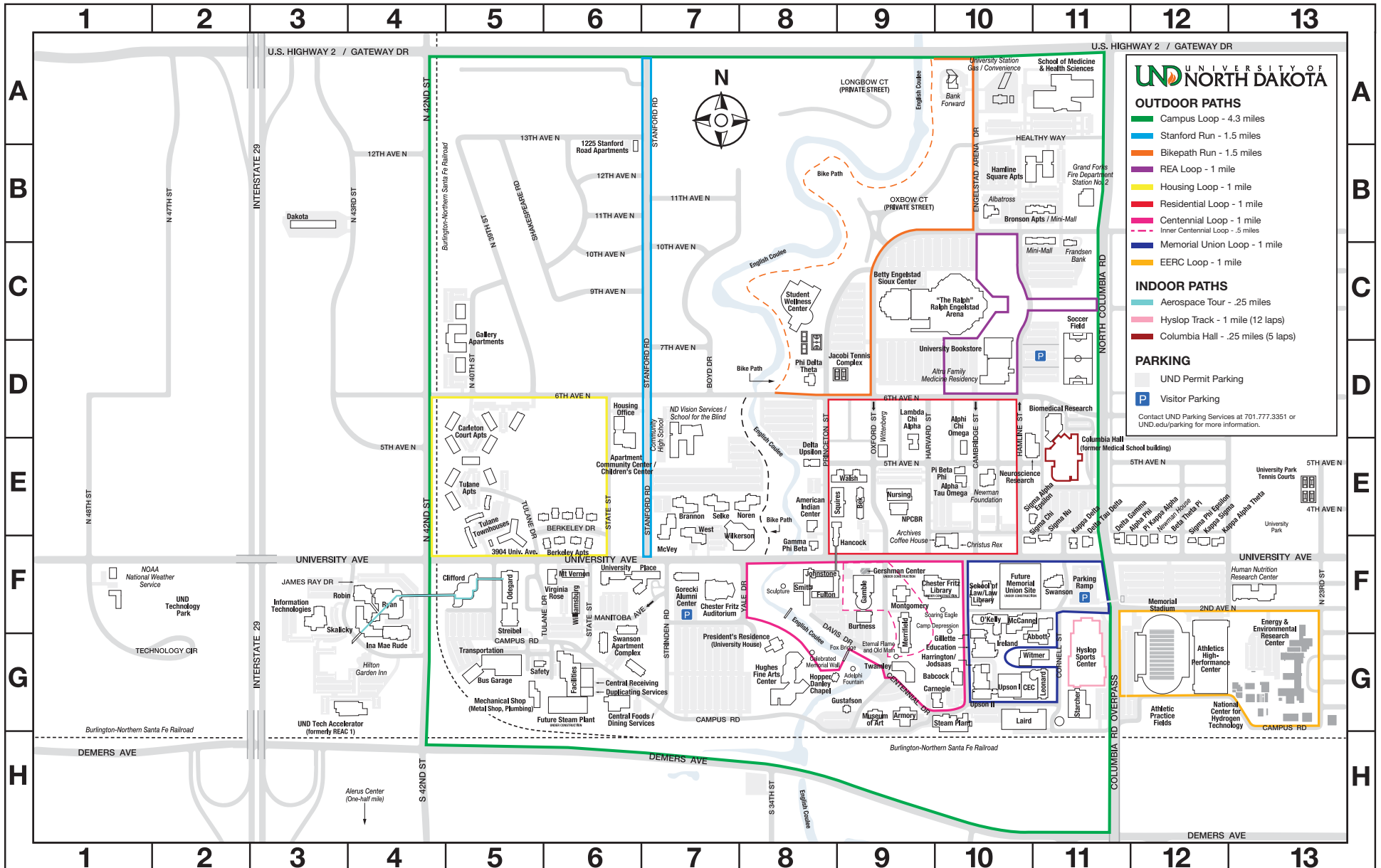
## Student Employment

Accepting applications year round.

Visit [UND.edu/teamwellness](http://UND.edu/teamwellness) for more info.

# UNIVERSITY WALKING PATHS

Getting healthy is a just a few steps away! UND offers a variety of indoor and outdoor walking paths found on this map.



## Why Walk?

Walking is a great way to improve and maintain overall health. Walking is low impact, requires minimal equipment, can be done anytime of the day, and can be performed at your own pace.

Physical activity does not have to be vigorous or done in long periods of time to improve overall health. Just 30 minutes per day can have many benefits:

- Reduce risk of heart disease, type 2 diabetes, osteoporosis, and high blood pressure.
- Boost muscle power and endurance.
- Increase cardiovascular fitness and strengthen bones.

## Stay Safe!

The **UND Safety Escort Service** (701.777.3491) will accompany students, faculty, and staff to destinations on campus or near campus. Use these tips to take extra precaution:

- Be aware of your surroundings.
- Avoid dark or vacant campus areas; walk along well-lit routes.
- Change your route and time often when walking outside.
- Walk with a friend or in groups.

## Emergency Blue Light

Telephone units are located throughout campus and can be used to contact police in a crisis situation.



A “Mobile Blue Light” feature is available on your smartphone through **SafeCampus**, the official safety app of UND. The app also features emergency contacts, safety

tips, personal safety tools, maps, and more! The app is available on the App Store and Google Play.

## Campus and Community Walking Opportunities

There are walking opportunities everywhere you go. It's up to you how much you take advantage of them!

- Walk down the hall instead of sending an email.
- Pick the parking space in the last row of the parking lot.
- Take a walk with your friends to get a break.

Look around you! It's easy to fit walking into your daily routine. You just have to make that commitment and stick with it.

### Indoor Walking Opportunities

- Hyslop Sports Center
- Wellness Center\*
- Alerus Center
- Choice Health & Fitness\*
- Columbia Mall
- Grand Cities Mall

\*Membership required.

### Outdoor Walking Opportunities

- UND Walking Paths
- The Greenway

For more outdoor activity resources around the community, head to [visitgrandforks.com](http://visitgrandforks.com).

## Work Well

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Visit our website [UND.edu/WorkWell](http://UND.edu/WorkWell)  
Follow us on Facebook [@UNDworkwell](https://www.facebook.com/UNDworkwell)

**UND** WORK WELL  
UNIVERSITY OF NORTH DAKOTA.



# Make your plan to quit today with these services.

## NDQuits Coach

Your NDQuits coach can offer help, advice, encouragement, support, and reliable health information — without hassles or pressure. Throughout the quitting process, you can use online chat sessions, or receive regular phone calls from your NDQuits coach at your convenience.

## 24/7/365 Support

Get round-the-clock support from other people who have been there, who know what you're going through, and who can help with tips and encouragement.

## Free Nicotine Replacement Products

You may qualify for free nicotine replacement patches, gum, or lozenges. **WARNING:** E-cigarettes, vaping devices, or any kind of electronic nicotine delivery systems are not FDA-approved for quitting tobacco or nicotine.

## Recorded Messages

Listen to available recorded phone messages about a variety of topics, such as dealing with withdrawal symptoms and managing triggers.

## Email Quit Tips

Get helpful daily tips including changing your routine, being aware of your triggers, or preparing healthy snacks to help with your cravings.

## Online Calculators

For extra motivation, use online calculators to figure how many days you've extended your life and how much money you've saved.



**NDQuits is a FREE service that can help you quit all tobacco and nicotine.**

# Quitting Tobacco & Nicotine?

**NDQuits**  
1-800-QUIT-NOW (1-800-784-8669)  
[ndhealth.gov/ndquits](http://ndhealth.gov/ndquits)

NORTH  
**Dakota** | Health  
Be Legendary.™

You can with  
**NDQuits**

NDQuits is a service of the North Dakota Department of Health. For more information, visit: [www.ndhealth.gov](http://www.ndhealth.gov)



# You CAN Quit Tobacco and Nicotine.

Quitting might be one of the toughest things you ever do. With free, private, and confidential services from NDQuits, you can quit for good. NDQuits offers FREE telephone and online options that you can use together the way that works best for you.

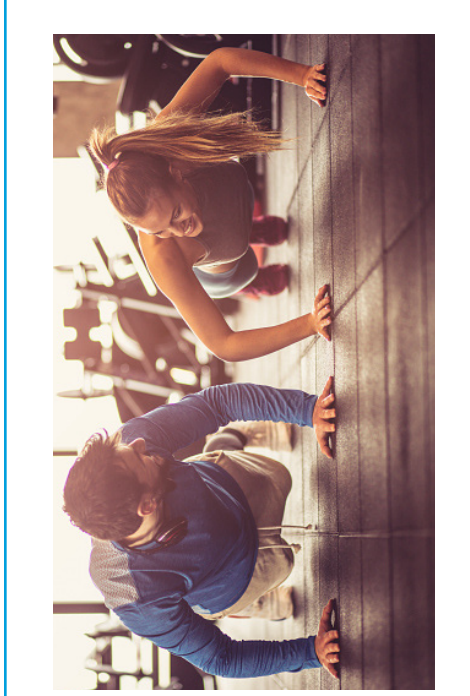


## Quitting is Good for You.

- Quitting puts you back in control of your health, your choices, your life.
- Quitting lowers your risk of cancer, heart disease, and more.

## Quit Your Way. We're here to help.

A variety of tools and services for quitting are available by phone, online, or in combination for your maximum benefit. Whether online or by phone, you will have the support of a professional NDQuits coach to increase your success. They will help build your self-confidence and belief in your ability to quit.



### NDQuits is a FREE service

**THAT CAN HELP YOU QUIT ALL TOBACCO AND NICOTINE:**

- Smoking
- Using Chew, Snus, or Snuff
- Vaping

### Call NDQuits Toll-Free

**1-800-QUIT-NOW (1-800-784-8669)  
TDD: 1-800-842-4681**

*Talk with an NDQuits coach, who will help you set a quit date and enroll you in the program.*

### Visit NDQuits Online

**WWW.NDHEALTH.GOV/NDQUITS**

*Click "Get Started Now" to register and access various services.*