

Healthy RICE. Healthy Life.

Human Resources Wellness Program Page <http://people.rice.edu/benefits-rewards/wellnessrice/>

Healthy Rice Healthy Life Wellness Platform: <https://riceuniversity.biovia.healthfitness.com/login.aspx?returnurl=%2f>



What's What Meet Ups are short (~30 minutes) educational seminars filled with tips and action steps to help employees improve their health and well-being

Topics include...

- **Financial Savings** – Learn to save for financial goals by planning ahead
- **Finding Time** – Learn how time management can help you seize the day without feeling like the clock is ticking
- **Flu** – Separate fact from fiction when it comes to the flu and the flu vaccine.
- **Mindfulness** – What exactly does it mean to be mindful and what are the health benefits?
- **Sleep** – Learn why sleep is important for good health, including tips for getting a good night's sleep.
- **Sugar** – What's the impact of sugar and how much is too much?
- **Strength Training** – Learn the essentials for building strength safely and effectively
- **Whole Grains** – Learn how to make whole grains a part of each day.

MIND YOUR HEALTH SEMINARS

Mind Your Health educational seminars are one-hour presentations, designed to help participants improve their health and lifestyle.

Sampling of topics....

- **Back Health** – Preventing pain and strain
- **Blood Pressure** – A vital for life
- **Diabetes** – Awareness and prevention
- **Fitting in Fitness** – Exercise options for busy people
- **Healthy Eating** – Step up to the plate
- **Heart Healthy Living** – The beat goes on
- **Manage Stress** – Before it manages you
- **The Art of Meditation and Yoga** – Connecting Body and Mind
- **The Balancing Act** - Work, Life and technology
- **Understanding Cholesterol** – Your key to heart health