



Healthy IU – Indiana University’s Workplace Wellness Program

Those in **IU Retiree Status** are eligible for the programs and resources listed below.

Visit healthy.iu.edu for the most up-to-date information.

IU Retiree Status

University-Wide Online Wellness Challenge

Every semester, you are invited to participate in a Healthy IU Online Wellness Challenge. Past challenges have focused on topics such as: physical activity, sleep, creative self-care, hydration, nutrition, and gratitude. Check the Healthy IU website at healthy.iu.edu for more information on this semester’s challenge!

Mindful Way to Stress Reduction – Online

8 weekly one-hour sessions. Learning to manage your stress can be a life changer. This program focuses on: cultivating a mindfulness practice; recognizing and addressing stressful situations effectively “on the spot”; improving focus and communication; and mind-body wellness.

Prevent T2 (Type 2 Diabetes) – Online

According to the CDC, 1 out of every 3 adults has pre-diabetes. Are you at risk? Prevent T2 is a proven program to prevent or delay Type 2 diabetes. If you’re looking for the latest research and resources on your journey to preventing Type 2, this program is for you! Learn strategies that fit YOUR life in an expert-led, confidential, small-group setting. (16-week program facilitated by Healthy IU staff.)

Mid-Day Mindfulness Practice – Online

You are warmly welcomed to participate in weekly, 30-minute, guided meditation practices. This is offered on a drop-in basis; you are invited to attend whenever it fits your needs and/or circumstances—no advance notice required. We hope you will benefit from this 30-minute span of stillness in the midst of your workday.

Ready to Move

Support students, support your health! Work with a School of Public Health student coach who can help you create a personalized movement plan, set movement and well-being goals, utilize campus wellness resources, find activities that work for you, discover ways to move more and sit less at work.

Mindfulness & Values-Based Living – Online

This experiential training offers evidence-based strategies to improve psychological health, vitality, and effectiveness at home and at work. Engaging session activities will focus on promoting self-awareness, identifying and pursuing valued goals and actions, meditation, and enhancing mindfulness and compassion for self and others.

Nutrition Nuggets – Online

Join Registered Dietitian Steven Lalevich for a weekly nutrition conversation via Zoom. Each week, we’ll explore a nutrition topic and open up the dialogue for Q&A. No need to attend every session; join us when you can.

Virtual 1:1 Nutritional Counseling

If you have questions about food, we have the answer. Our wonderful registered dietitian (RD), Steven Lalevich, can help you eat healthier. Your session includes personalized nutrition education on any topic of interest, such as weight loss, heart healthy eating, vegetarian/vegan diets, and more. Sessions last approximately one hour.

Registration: E-mail askanrd@indiana.edu

Rec Sports at Home

Join nationally-certified group exercise leaders for live and recorded group exercise sessions, including Tai Chi, Yoga, strength training, kickboxing, and more! Visit <https://recsports.indiana.edu/group-exercise/rec-sports-at-home.php> to learn more.



healthy.iu.edu

Walking Trails

Healthy IU has mapped out trails that feature some of the most beautiful and functional walking locations on each campus.

More information: Visit healthy.iu.edu for a map of the trails on each campus.

Self-Monitoring Blood Pressure Machines and Scales

High blood pressure can lead to serious health risks. Because high blood pressure often has no symptoms, it's important to regularly monitor your blood pressure. Each IU campus has self-check blood pressure machines and scales to help you keep an eye on your health!

More information: Visit healthy.iu.edu for a map of specific on-campus locations

IU Work + Life

Resources, programs, and support on topics such as child & parenting, breast/chestfeeding, mental and emotional well-being, alternative work schedules, and more.

More information: <https://healthy.iu.edu/worklife/index.html>

Ergonomics

Make your workspace work for you! Learn more via Environmental Health and Safety.

More information: Visit <https://protect.iu.edu/environmental-health/index.html>

Campus Fitness Center/Recreational Sports

Get moving on your campus! Each Campus Fitness Center/Recreational Sports offers a variety of sport and fitness opportunities for all levels and interests. Contact the center on your campus to learn more about services, eligibility, and how to access. Membership rates may apply.