

Wellness is more than Exercise and Nutrition

LifeBalance.

The Employee Assistance Program (EAP) is a completely free and confidential service that can assist you with financial matters, family and care giving, health, emotional wellbeing or even planning a vacation. You may access the program by speaking with a Master's level counselor by dialing the following toll free phone number (877-259-3785).

The EAP also includes a comprehensive Web resource providing free 24-hour access to a host of information for you and any key or significant people in your life. The Website can be accessed by going to www.lifebalance.net and logging in the following:

Username: bates
Password: bwell



Simple Steps to a Healthier Life

This is an on-line program offered through Aetna that can help you be your healthiest. It can help you eat better, lose weight, get in shape, relieve stress and more—in simple steps at your own pace.

The program starts with an on-line Health Assessment from which you receive reports to help you understand your potential health risks and what you can do about them. You will also receive an Action Plan with a combination of online Healthy Living Programs based on your health needs.

You may access the program through your personal Aetna Navigator Account. Register for Aetna Navigator at www.aetna.com (note: currently you must be enrolled in an Aetna medical plan to register).



Wellness Opportunities and Programs at Bates



Wellness is the process of being aware of and actively working towards better health.

Through a combination of sponsored healthy activity and learning programs, B Well strives to provide support and resources to employees in each stage of their journey to better health.

Together we can!



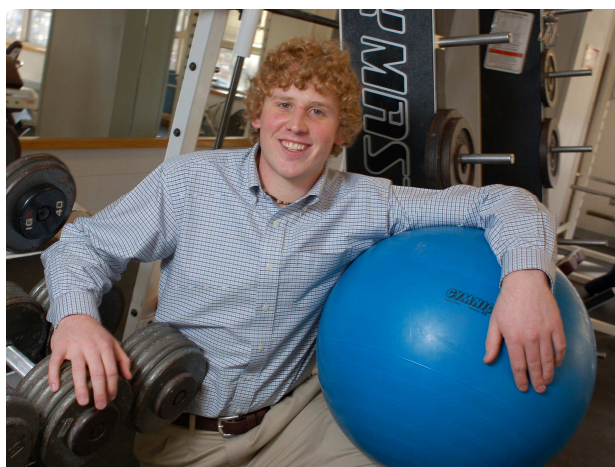
Start or Re-energize Your Exercise Program

All members of the Bates Community are eligible to receive an exercise program and exercise advice free of charge from Personal Trainer and Wellness Coordinator Mike Milliken. This service can range from revamping an old program, starting a brand new routine, or asking for advice on core training. Mike is available to meet with you up to two times per exercise program.

Wellness Lunch and Learns

Generally, on the third Tuesday of each month, there is a Wellness Lunch and Learn. Topics of the Lunch and Learns range from Nutrition to Eye Health. Check the monthly calendar for the details on this month's topic. Lunch is often provided for all who attend the presentations. Sign up for a Lunch and Learn through the events tab through the Garnet Gateway.

The Wellness Calendar on the opposite page provides an overview of the wellness topics that will be covered throughout calendar year 2009. You can find additional information by visiting our Wellness website at www.bates.edu/b-well.xml.



'Cats Convivial'

For those who would like to learn more about the value of cooking healthy meals, the Bates Dining Service offers cooking demonstration classes on a monthly basis. The classes will be run by various chefs from Dining and will demonstrate the cooking process for a healthy meal. At the end of the class, each participant will get to take home all of the ingredients involved in the meal.

See the Bates Wellness website for more information on this series at www.bates.edu/b-well.xml.

Monthly Calendar

All B Well programming events, dates times and locations can be found on the B Well Calendar. The B Well calendar is posted in various departments across campus or can be found at www.bates.edu/b-well.xml.

Personal Training Program

An extension off of the exercise prescription program, Personal Training at Bates is a program offered to the entire Bates Community as well. By enrolling in this program, you will receive a personalized exercise program and have one on one sessions with Mike Milliken. In addition, you will receive a fitness evaluation. Prices for this program will vary depending on the packages you select. The following are the packages (payroll deduction available);

<u>Individual</u>	<u>1 Hour</u>	<u>1/2 Hour</u>
5 Sessions	\$140	\$90
8 Sessions	\$220	\$140
12 Sessions	\$320	\$180

Buddy-2 on 1-Packages (1 hour only)

5 Sessions	\$100 each buddy
8 Sessions	\$150 each buddy
12 Sessions	\$200 each buddy

Navigating Healthcare Series

In addition to the Wellness Lunch & Learns, B Well offers a monthly topic to assist employees in navigating their way through the healthcare system. Topics range from using the Web to improve your healthcare IQ, to how to talk with your doctor and pharmacist.

See the Bates Wellness website at www.bates.edu/b-well.xml for information on this series.



Maine Health Management Coalition (www.mhmc.info)

Did you know that you can choose doctors and hospitals based on quality? Are you aware that your own actions can help you get better healthcare? Bates College has partnered with the Maine Health Management Coalition (MHMC) to provide tools to empower you to become better healthcare consumers. The Maine Health Management Coalition (MHMC) is a non-profit group whose over 50 members include employers, physicians, hospitals and health plans working together to measure and report healthcare quality and use this information to drive quality improvement in Maine.

The value to Bates College faculty and staff is safer, higher quality, and more efficient healthcare delivered to you and your dependents. Visit www.mhmc.info to see how your primary care doctor and hospital rate on quality.

Month	Wellness Theme	Wellness Programming
January	Healthy Resolution Month	<i>Start Your Engines</i>
February	Heart Month	<i>Lets get Aerobic</i>
March	Nutrition Month	Nutrition Review and <i>March into May</i>
April	Alcohol Awareness Month	<i>March into May</i>
May	Asthma and Allergy Awareness	<i>March into May</i>
June	Summer Safety Month	“Healthy BBQ Recipes”
July	Active Outside	<i>March to Top of Maine (Get Fit and Win)</i>
August	Eye Health Month	<i>March to Top of Maine (Get Fit and Win)</i>
September	Cholesterol Awareness Month	<i>American Lung Association Heart Walk</i>
October	Mental Health Awareness Month	<i>Socktober</i>
November	Diabetes Awareness Month	“Healthy Thanksgiving Recipes”
December	Stress Management Month	Chair Massages

Community Based Physical Activity Programs

Over the course of each year there are a handful of community based physical activity programs for Bates employees to participate in. Many of the activities are friendly competitions that help keep members of the community motivated to move. The following is a list of activities offered over the year.

March into May; Beginning in March and ending in May, this 10-week physical activity program is a great way to get in shape for the warmer months. Participants will set a physical activity goal for themselves and try to meet that goal on a weekly basis. You may participate as an individual or on a team. The team which meets their goals the most during the ten weeks will win a prize. The program is run online at www.marchintomay.org however there is an option to participate on paper.

American Heart Walk; on the last Sunday in September, several members of the Bates College community participate in the Central Maine Heart Walk. The walk is a fundraiser for the American Heart Association and takes place in Lewiston and goes through the Bates campus.

Get Fit and Win is a 10-week physical activity program put on by Healthy Androscoggin during the summer months. The program requires participants to set an exercise goal for themselves and match it during the course of the summer. You will then be entered into a drawing to win \$500, \$250 and \$100 plus more great prizes. This is a great way to stay motivated to move in the summer time. More information about Get Fit and Win can be found by visiting the Healthy Androscoggin website at www.healthyandroscoggin.org.



Fitness Facilities

Bates College has terrific fitness facilities that are available to all employees and any dependants that have an activity card. The facilities include an indoor track, aerobic exercise room and Olympic size pool in Merrill Fitness Center. Also, next door in Underhill Arena is a full weight room and an ice skating rink. Located behind Merrill and Underhill is an outdoor track. The hours of the Facilities can be found at the Athletics webpage (<http://www.bates.edu/building-hours.xml>)

-Merrill Gymnasium houses a 200-meter, six-lane Ruba-Turf track; an eight-lane, 25-meter-long swimming pool with one- and three-meter diving boards; four tennis courts; and squash and racquetball courts. New for 2004: the Bert Andrews Room, which is a cardiovascular fitness center, and the Marcy Plavin Dance Studios.

-Underhill Skating Rink offers open skate hours from 11-1 on weekdays (seasonal).

-Davis Fitness Center; Davis is host to over 15 weight machines, full set of dumbbells and free weights, medicine and gym balls. Davis is located on the second floor of Underhill Arena.

-Russell Street Track was built in 2001 and features a polyurethane surface. With eight lanes, the track is a great place for walking or jogging.

Bates-Watchers

A knock off of the popular weight loss program Weight Watchers, Bates-Watchers is a group that meets weekly for a “weigh-in” and weight loss discussion. Most of the class discussions surround different areas of nutrition. Participants have the option to pay \$50 at the beginning of the class and earn it back over the 10 weeks by not gaining weight or they may opt out of the money portion. For those who do put the \$50 in at the beginning, they can earn \$5 per meeting if they do not gain weight each week, giving them a chance to earn all of their money back. If they gain weight, but still show up to the meeting, they will earn \$1. At the end of the 10 week session, the money left over is awarded to the most successful participants. This is a great program to take if you are either trying to lose or maintain your current weight.