Allow us to help you make positive changes in your life. With our comprehensive program we will provide you with the skills you need in order to stay healthy while on the job as well as at home. Managing your work and life can be tough, but we are here to help.
WorkStrong:
We work hard so you can too

The WorkStrong program is a UC campus-wide effort to provide you with a unique opportunity to improve your overall health and wellness. With this free and comprehensive program you will receive several perks and resources which are designed to help you feel better each day. WorkStrong is an individual program based on your specific needs.

Our goal is to make your work life easier so that you may enjoy your personal life that much more. WorkStrong is for the busy working mom who just needs help finding that balance, or for the worker who has been injured on the job and needs that extra step towards full recovery. Whatever is preventing you from working and playing hard, our friendly and outgoing staff of professionals will help you. You might even have fun, (yes, fun!)

We understand your time is important and valuable to you. Ask your supervisor about your options to fit the WorkStrong program into your work day. Sessions are one hour long.

Call our WorkStrong Coordinator, Kali Knapp, today to schedule your first session at 949-824-9384, or email at kaknapp@uci.edu.
What our program has to offer you

Based on your needs, we will implement a program for you that may involve some, or all of the following:

- **Fitness & Post Rehab training** with certified trainers and professionals designed to promote your recovery from injury, or promote better fitness. You will learn injury prevention strategies and exercises. A postural assessment will help you figure out where your baseline is so that it may be improved upon.

- **Nutrition & Weight Management training** and consultation to get you (or keep you) in tip top shape. Our registered dietician will assess your current diet and eating habits to offer suggestions and strategies on how to make healthier choices. You will also work with one of our certified personal trainers who will help you maximize the results of an improved diet.

- **Life balance and stress reduction strategies**, modalities and activities. We offer yoga and tai chi to help you decompress and calm your nerves. Our goal is to teach you to increase your awareness about your stress levels so that you can more easily manage it. We also have massage therapy for the aches and pains from past or present injuries.

- **Workplace safety assessment** and consultation to ensure you are working in an environment where you feel comfortable and safe. Ergonomic assessments can be performed to maximize your comfort level while at work and determine if you need additional tools to conduct your job with more efficiency.

- **Behavior modification strategies** to help you be more productive and ditch those time wasting and energy sapping habits. Find out what motivates you to be the best you can be each day.
WorkStrong: Fitness & Post Rehabilitation Training

Fitness

Our WorkStrong Certified Personal Trainers are equipped with a broad range of knowledge and the latest resources to help you improve your overall fitness. Our trainers are certified through nationally accredited personal training organizations. They also have several years of experience in the field.

We will match you with a trainer who will give you the one on one attention you need, and he or she will design a program that is unique to you and your abilities. Your program will focus on both the strong and weak areas of your body, as well as the flexible and less flexible so that your body regains that overall balance.

You will also work on strengthening exercises to prepare the muscles for activities you may do at work, or in your free time. These exercises will involve several modes of training to familiarize you with all of the possibilities of fitness.

Cardiovascular fitness will also be addressed with a specific exercise prescription designed to make you move more efficiently. Your trainer will help you explore your options. Cardiovascular exercise does not always mean that you have to go out and run- it may mean that you get up and dance!

Post Rehabilitation

In addition to improving your overall health and fitness, we will help you fully recover from any injuries you have faced in the past. Sites of past injuries tend to become problem areas if ignored, or if rehabilitation is not a priority.

Your trainer will start you off on a stretching protocol to ensure you are flexible enough to perform activities that are more rigorous or intense. Next, your trainer will help you prevent recurring injuries and future injuries by preparing the body. Preparing the body and preventing injuries includes things like corrective exercises, functional training, torso and core strengthening, as well as physical conditioning.
Weight Management

In addition to learning how to eat a healthy and balanced diet to maximize your health, you will also learn what types of exercise are best for you. Everyone is different and you may discover something new that you never thought of trying.

The Anteater Recreation Center has so much to offer, whether it be group classes, weight lifting, pilates, kayaking in the back bay, or anything else you can imagine. Exercising to maintain your weight certainly does not have to be dull!

Nutrition

Much of your health and wellbeing depends on what you use as nutrients and fuel. We have a registered dietician on our team who will help you find the right way to eat for your body type and activity level.

Our registered dietician will analyze your current diet and help you find easy ways to clean it up. The goal is to look for wholesome and hearty foods that taste great, but still allow you to maintain and even lose weight. Being healthy should be fun and interesting, not boring and difficult to maintain.

You can expect to get a personalized nutrition plan that will make things easy and take some of the guesswork out of trying to eat healthy. Our dietician will make sure to create a plan that is realistic to stick to with your busy schedule.

You will learn strategies to eat healthy such as, packing a healthy lunch, quick and healthy meals on the go, and much more. You will also learn the benefits of certain foods, the benefits of hydrating, and the benefits of timing your meals properly.

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Our team of instructors, trainers and fitness experts will help you form those stress reduction strategies geared towards making you feel better day by day. We will help you form new habits, whether that means you take one hour in your day to focus on your needs, or one whole day.

We have several resources that will help you appreciate the things your body is telling you. We have expert yoga instructors who will help you stretch the stress away. We also offer tai chi classes and guided meditation classes that will help you make that mind-body connection for improved mindfulness.

When you think about it, all of us can really benefit from building these lifelong habits, regardless of our work or home life.
Main Campus Wellness Programs

The UC Irvine campus offers many supplemental health and fitness programs designed to be done alone, or in conjunction with your current routine. These programs change each year, but in the past have included a pedometer-based walking program, an online stress reduction program, and a body weight exercise program designed to increase the intensity of your workouts. These programs are available to you at no cost, and you even get incentives for participating.

Other various health and fitness related lectures occur throughout the year as well. Typically these lectures feature a delicious free lunch and a speaker who is an expert in his/her field of either fitness or nutrition.

Main Campus Employee Assistance Program (EAP)

The employee assistance program offers free clinical services to UCI employees including, but not limited to; counseling sessions for stress, anxiety, depression, and substance abuse. The EAP also offers financial coaching and resources, life and parent coaching, as well as career development.

Main Campus Ergonomics Consultants

UC Irvine has an in house ergonomics department. If requested, they will come out and survey a work site to determine if it is under compliance for proper set up of the workspace.

UCI Medical Center Work Life Solutions

The Work Life Solutions website and phone service offers information on a variety of topics to help you manage your work and personal life. The website contains articles, self-tests, and self help tools for a variety of mental health and behavioral health issues ranging from stress to mental illness and substance abuse, including depression and anxiety. This benefit is available to Medical Center and School of Medicine faculty and staff at no cost.
To schedule your first appointment with our WorkStrong Coordinator, Kali Knapp, call 949-824-9384 or email kaknapp@uci.edu.