



striveforfive

Participant Guide

Office of Health Promotion & Wellness

Employee Resource Center (Partlow Campus)

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Overview

Strive for Five is a free, 5-week, team-based on-line wellness program designed for all University of Alabama faculty and staff beginning September 17th.






Individuals or teams of two to five members can use five simple steps, Eat, Sleep, Think, Move, Drink to improve overall health.

Step 1: Register on-line at wellness.ua.edu as an individual or as a team (maximum of 5 team members).

Step 2: Pick any 2 or more goals, and you are on your way. Choose them all and increase your benefits.

Step 3: Track your progress daily on-line through the WellBAMA portal.

During this 5-week program, you will receive weekly motivating and informative emails to help you achieve your goals.

	<ul style="list-style-type: none">• Eat FIVE or more fruits & vegetables• Increase fiber in your diet• Lower sodium & processed foods
	<ul style="list-style-type: none">• Sleep FIVE nights per week for 7+ hours
	<ul style="list-style-type: none">• Think FIVE mindful minutes per day
	<ul style="list-style-type: none">• Move FIVE days a week for 30 minutes• Take 10,000 + steps per day• Two or more days per week of strengthening exercises
	<ul style="list-style-type: none">• Drink FIVE or more cups of water per day

*A WellBAMA qualifying program

Strive to EAT Better

Goal:

Eat 5 or more fruits and vegetables per day

- 1 serving = 1 medium fruit, 1 cup of fruit, 1/2 cup of fruit juice, 1/4 cup of dried fruit, 1 cup of raw vegetables, or 1/2 cup of cooked vegetables.
- Start your day with 1/2 cup of fruit juice; add fruit to cereal or yogurt; pack an apple or banana for work; and add a salad/vegetable to lunch or dinner.
- Snack smart by having healthier snack alternatives on hand and not be tempted to reach for chips and cookies. Instead of crackers and chips, substitute carrots or celery sticks.
- Plan ahead by preparing veggies for the week ahead. Add already prepared vegetables to dishes throughout the week (pastas, salads, omelets).
- Eat two servings of vegetables at a time. USDA recommends filling half your plate with fruits and vegetables.
- Always add a salad as a side with dinner.

Goal:

Increase fiber in your diet

- Eat plant based foods (fruits, vegetables, beans, lentils, nuts, seeds and whole grains) while avoiding refined grains such as: white flour, white rice, white bread and white pasta.
- Dietary fiber can protect your heart by lowering cholesterol, keep blood sugar stable, help with weight loss by starving off hunger and making you feel full faster, and help prevent constipation by keeping food moving efficiently through the body.



EAT



Women need **25** grams of fiber per day and men need **38** grams per day



EAT

Goal:

Lower sodium and processed foods

Eating too much salt can increase blood pressure by causing the body to retain too much water and creating an added burden on the heart. Most sodium consumed in our diet comes from restaurants and commercially prepared, packaged foods (such as pizza, burgers, tacos, seafood dishes and soups).



Limit sodium intake to 2300 mg per day for anyone age 14 and up.

STRATEGIES FOR LOWERING SODIUM INTAKE:

- Season your food using herbs, citrus juices and vinegars instead of reaching for the salt shaker.
- Check food labels for sodium per serving. Products with less than 100 mg of salt per serving are a good choice.
- Prepare meals using fresh and frozen foods, or no-salt-added, low/reduced sodium canned foods.
- Eat at home more often
- Limit sauces and “instant” ready-made products to control the amount of salt added.



Source: [health.gov/dietaryguidelines/2015/](https://www.health.gov/dietaryguidelines/2015/); American Diabetes Association



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Strive to SLEEP

Goal:

Sleep FIVE nights per week for 7+ hours

WHAT ARE THE CONSEQUENCES OF NOT GETTING ENOUGH SLEEP?

- Not getting enough sleep is associated with an increased risk for several chronic conditions such as diabetes, cardiovascular disease, stroke, obesity, and depression.
- Sleep deprivation increases production of the stress hormone cortisol and lowers your levels of the hormone, leptin, which tells your brain that you have eaten enough.

TIPS FOR BETTER SLEEP:

- Go to bed at the same time each night and get up at the same time each morning.
- Make sure your bedroom is a quiet, dark, and relaxing environment with ideal temperature and comfortable, cozy bedding.
- Don't use your bed for other activities like, reading, watching TV, listening to music. Use it only for sleeping.
- Avoid eating large meals, cigarettes, and alcohol before bed.
- Avoid taking naps
- Take a bath or shower to relax before bed.

zzZ



Strive to THINK

Goal:

Think FIVE mindful minutes per day

Being mindful has been shown to reduce stress, depression, anxiety, and chronic pain. One step toward being mindful is adopting non-judgmental and/or positive thought.

- Positive thinking builds confidence and encourages health and well-being.
- Focus on positive accomplishments each day
- Take time to relax and reflect to reduce negative stress
- Attend a yoga class or take a mid-day walk to relieve built-up stress
- Take a minute to sit quietly, focusing on slowing your breathing and clearing your mind.

FIVE EXAMPLES OF HOW TO TRANSFORM NEGATIVE THOUGHTS INTO POSITIVE THOUGHTS:

Negative	Positive
It's too hard	<i>I'll try it from a different angle</i>
I don't have enough time.	<i>Let me try to modify my schedule.</i>
I've never done this before	<i>I see this as an opportunity to learn something new</i>
I'll never be good at this	<i>I'll keep trying</i>
I don't have the skills to complete this task	<i>I'll locate someone who can help me.</i>

Strive to MOVE

Goal:

Move FIVE days a week for 30 minutes or more

Adults should get at least 150 minutes each week of moderate-intensity aerobic physical activity and at least two days a week of strengthening activities, like push-ups, lifting weights, working with resistance bands, and sit-ups. You can get 10 minutes of activity at a time to add up to your 30 minute goal.

Goal:

10,000 or more steps per day

Consider using a wearable device to monitor daily steps and activity. Some wearable devices can not only tell you the number of steps taken per day, but active minutes, distance traveled, calories burned and number of floors taken.

Goal:

Two or more days per week of strengthening exercises

Try activities such as weightlifting, exercises using resistance bands, or exercises that use body weight for resistance (push ups, sit ups, planks)



MOVE



MOVE

TIPS TO SNEAKING MORE ACTIVITY INTO YOUR DAY:

- Find an activity you enjoy
- Try activities that work different parts of the body
- Schedule specific time to exercise
- Find an encouraging exercise partner
- Park further away from your building and retail outlets.

ESTIMATED CALORIES BURNED AND STEPS IN 30 MINUTES OF PHYSICAL ACTIVITY

Moderate Physical Activity	Calories	Steps
Hiking	185	5460
Dancing	165	2730
Biking (less than 10 mph)	145	3630
Walking (3.5 mph)	140	3450
Weight Training (light)	110	3630

Strive to DRINK

Goal:

Drink 5 or more cups of water each day



DRINK

WHY IS WATER IMPORTANT?

Water makes up 60% of your body weight and transports nutrients, oxygen and waste in the body. Water is essential for regulating body temperature while hydrating the skin, eyes, mouth, and nose.

Current water intake recommendations:

Gender	Amount
Males	3.0L (Approx. 13 cups)
Females	2.2L (Approx. 9 cups)

Source: Mayo Clinic, 2012

TIPS TO KEEP YOUR THIRST QUENCHED:

- Drink adequate amounts of water before, during, and after exercise.
- Keep a bottle of water with you at work or on-the-go to sip throughout the day.
- Add fruit slices or sugar-free drink mixes to your water for flavor.
- Drink 1 cup of water before eating each meal.
- Start your day with a container filled with water and refill during the day.
- Stop at water fountains for 10 seconds of drinking.
- Drink 6-8 ounces for every 15 minutes of exercise.



Q & A

Q: What does the Strive for Five program help me achieve?

A: The Strive for Five program helps you set health goals, track progress towards these goals, and provides accountability so you can achieve them.

Q: How does the program work?

A: This program is completely online. You will register and track your progress at wellness.ua.edu. You will also receive weekly emails full of useful information, tips, recipes, and advice.

Q: Is Strive for Five a qualifying WellBAMA program?

A: Yes!

Q: How many of the goals should I choose?

A: Each individual should pick a minimum of 2 goals (but you may choose up to 5 goals if you would like).

Q: Do I have to choose the same goals as my teammates?

A: No, you will choose & track goals individually, but continue to support each other's goals.

REGISTRATION & TRACKING

Q: Where do I go to register and where do I go to track my progress?

A: Registration and tracking are conveniently located online. They are accessible through your individual wellness portal (wellness.ua.edu).

Q: Can I register as an individual or do I have to be on a team?

A: You can register as an individual if preferred; the maximum for a team is 5.

Q: Do I have to register myself or can my captain add me on his/her team?

A: Individuals participating in the program must register themselves (adding to any team you prefer online) but everyone must still complete their own online tracking.

Q: How often do I have to track my progress?

A: The online wellness portal must be used to track daily progress in the program. This tracking will be available during the current week only.

Q: Can I enter my progress online at the end of the 5 weeks?

A: No, the online tracking will be closed for previous weeks. You must track your progress during the current week.

CAPTAINS

Q: What is the team captain's role?

A: A team captain's role is to motivate the members of their team; that's it!

Q: Can a captain enter their teammates' progress?

A: No, each individual must track their own progress.

Q: Can I track my progress on a paper copy?

A: This is an online program designed to be easy to access via any computer or smart phone. If you need special assistance with tracking, please contact the office.



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