

Campus Wellness Programs

UCR offers many health improvement programs available to faculty and staff as part of UC WorkStrong. Programs are offered throughout the year and include awareness campaigns, educational seminars and workshops, behavior change/lifestyle management programs, physical activity sessions, and various environmental initiatives to promote and support a healthy lifestyle.

Health Improvement and Wellness programs focus on the 7 Dimensions of Wellness – physical, emotional, social, environmental, occupational, intellectual and spiritual and utilize speakers from the Wellness Team, UCR School of Medicine, UCR Faculty, and local community and professional speakers.

For more information about campus wellness programs, please visit UCR's Wellness website at hr.ucr.edu/faculty-staff-and-wellness-program

Meet Your WorkStrong Team

The UC Riverside WorkStrong Coordinator is available to provide you with more information. Please take a moment to familiarize yourself with the WorkStrong Team:

Ed Marchall, *WorkStrong Coordinator*
Environmental Health & Safety

Ariel Caluag, *Manager*
Workers' Compensation and Disability Management
Environmental Health & Safety

Jessica Smith, *Workers' Compensation Analyst*
Environmental Health & Safety

David Lee, *FitWell Coordinator*
Student Recreation Center

Jansen Cunanan, *Ergonomist*
Environmental Health & Safety

Hung Wu, *Wellness Program Coordinator*
Human Resources

CONTACT

Ed Marchall, WorkStrong Coordinator
(951) 827-5106 / edward.marchall@ucr.edu

For more information, please visit UCR's WorkStrong website at workerscomp.ucr.edu/workstrong



***UC Riverside Cares About You
Your Health is our Priority***

Your Health is our Priority

WorkStrong is a University of California system-wide program that was developed with the expertise and collaborative support of Workers' Compensation, Occupational Health Physicians and Campus Recreation Fitness Professionals. The program is free for employees who have sustained a qualifying work-related injury.

WorkStrong offers several unique health and fitness benefits including:

- Stretching and Mobility
- Fitness Training
- Stress Reduction
- Nutrition Management
- Workplace Safety Assessment
- Fitness Classes
- Health and Wellness Coaching

The WorkStrong Coordinator has extensive knowledge in injury prevention and will work within your doctor and physical therapist's guidelines. Scheduling is very flexible and our team can accommodate most schedules.



How can we help you?

Your WorkStrong Coordinator can create a *specific* program based on your needs. The following services are offered through the WorkStrong program.

Fitness & Post Rehab Training with Certified Trainers

Designed to improve your fitness, you will learn exercises designed to keep you strong and healthy as well as provide strategies for injury prevention.

One-on-One Nutrition/Weight Management Consultations

Your WorkStrong Coordinator will provide you with a wealth of information and simple strategies to achieve optimal health through nutrition.

Life Balance and Stress Reduction

In partnership with various campus departments, we offer life coaching techniques, yoga, tai chi, and meditation classes to help you decompress and calm your nerves.



Behavior Modification Strategies

The key to any long-lasting change is behavior modification. We will support you on your journey of self-discovery and help you feel your best each and every day.

Health and Wellness Education and Management

Manage chronic conditions such as high blood pressure, diabetes, and high cholesterol (high LDL and low HDL) with any of the above programs, designed to help you take charge of your health.

Workplace Safety Assessment and Consultation

We want to ensure that 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 more efficiently.

