



University Cup Challenge – Wellness Wheel

Wright State University – Dayton, Ohio

2008 ALA Annual Conference Wellness Fair

Anaheim, CA - June 26 – July 2, 2008

The University Cup Challenge (UCC) at Wright State University in Dayton, Ohio is a wellness program that provides educational opportunities to employees on eight components to a healthier lifestyle. The program is offered over an 8 week period in January and February, something to brighten the long winter months in Ohio.

The UCC uses eight wellness components to enhance healthier lifestyles and promote personal wellness. Through participation in seminars and activities, participants strive to find a balance in each of these wellness areas. The UCC's goal is to promote happier and healthier lifestyles, and, in turn, a happier and healthier organization.

In the spirit of competition, the Wright State University campus is divided into teams, each assigned a different color. Activities or events earn points for "Team Blue" or "Team Brown," depending on the number of people in attendance. Points are tracked throughout the 8 week program; the team with the most points at the end of the program wins the challenge. Such team competition motivates participants and enhances team building for campus groups.

All parts of the UCC can be adapted to fit any size organization for any length of time. However, program planners do recommend that you include a seminar/talk/overview of the program as well as seminars for each of the wellness wheel components. And, take advantage of resources, especially those in the libraries (i.e. create displays, reading lists, or book discussions on each topic). Other UCC adaptations include:

Who? Campuses, schools, library staff and departments, regional library systems, or open it up to the public.

What? Develop your own wellness wheel using 8 or fewer components, incorporating those that fit with your organization's mission. Determine if you want this to be a competitive endeavor.

When? Any time of year for as long as you want – days, months, weeks, or some other combination.

Where? Use the resources you have available - your campus facilities, library meeting rooms, community or school parks and recreation areas, at community events like fairs, bike paths and other community areas.

Why? To promote wellness, boost morale, build teams, create a better "you", and have some fun!

Wellness Wheel Resources:

National Wellness Institute
practiceedge, Dr. Simon Mauger

http://www.nationalwellness.org/index.php?id=391&id_tier=381
<http://www.youtube.com/watch?v=5ydAk92favQ>
<http://www.practiceedge.com.au/>
<http://www.sa.usf.edu/wellness/about/wheel.htm>
<http://www.vanderbilt.edu/wellnesscenter/wellnesswheel.html>
<http://www.wright.edu/crec/programs/UniversityChallenge.html>

University of South Florida
Vanderbilt University
Wright State University

Physical

Walks, stretching or yoga breaks at the office, bike/walk to work days, team sports, student/teacher games and activities, mini-Olympics or Survivor type games, mini triathlon, volunteer or participate in a community walk or park clean up

Occupational

Job shadowing, career day, college or career book displays, visits from community professionals to school, time management workshops, switch-jobs-for-a-day with colleagues, workplace diversity workshops, staff recognition awards

Family

Take your kids to work day, mom/dad/grandparents to school day, invite parents to do story time, work on family history/genealogy projects, offer genealogy workshops, do a display of famous families in your area, family fun night at the library, family outings to various sporting events or community events, staff family picnic, photo matching game of staff family members (mom/dad/siblings/kids), game night – video and board games

Spiritual

Yoga, meditation, prayer circles, choral performances or other singing/chanting performances, church tours, seminars on different religions, religious/spiritual art displays, writing or poetry contests, self evaluation of morals and values

Social

Organize staff social events including: lunches, games at lunch/break, dinners, outings to sporting/music/entertainment events, staff picnics, team oriented activities, create a social committee at your organization, use the library to host social events, gaming events, library blogs

Emotional

Promote campus/school/community assistance or counseling programs, host poetry readings, massages in the library during finals week or care packages during finals week, art or poetry displays and contests, workshops on stress relief

Financial

Have a food for fines program, do a workshop on the business databases, host stock clubs in the library, host a grant writing workshop or financial aid for college workshop, collect money for a community/school cause, work with a local restaurant to collect funds for a cause

Intellectual

Books clubs and discussions, reading marathons or “read around the city/state/community” programs, summer reading programs, host article discussions, offer “points” for checking out books for a program, host poetry/essay/writing contests, trivia contests