The University of Oklahoma
Human Resources – Healthy Sooners

For Distribution
Subject: OUMM: HealthySooners Fun Run and News
To: All OU Employees
Emailed: August 6, 2013

Fun Run September 21
The annual Sooner Fun Run will be on September 21 in Norman. This fun event is free and open to OU faculty, staff, students, and retirees. Registration is required by August 31. No registrations can be taken at the event. Click here for more information: (http://bit.ly/SoonerFunRun).

Tailgate Recipe Contest
Game day food can be tasty and healthy. HealthySooners Tailgaters, share your favorite game day recipe. The healthiest recipe will be included in our October HealthySooners Newsletter. Submit your recipe including serving information and a picture of your finished dish (if available) to (healthy-sooners@ouhsc.edu). Deadline: September 16. Qualified recipes will be posted on the HealthySooners website and will be included in a Healthy Sooners Cookbook.

Your Health Series
Energize your personal wellness plan with tips and tricks from the experts. Get in depth information about goal setting, nutrition, exercise, and balancing the demands of work and life. Join HealthySooners and special guest speakers on a different campus each week starting September 3 at 11:30am with Getting Started & S.M.A.R.T. Goal Setting in Norman. Click here for information about the series on your campus and to register (http://bit.ly/YourHealthSeries).

Walk and Win
Walking is an effective, low-impact way to fit exercise into your daily routine. And, now you can even win a prize for your effort. Sign-up for the Sooners Walking for Wellness Challenge by September 9 and log the amount of time you walk through November 30. The top healthy walker wins the prize. All participants receive a free HealthySooners sports bottle. This challenge is brought to you by HealthySooners and Magellan Health Services. Sign up here (http://bit.ly/HealthyWalkers).

Lunch-And-Learn Webinars
Wellness Classes at Your Desk
1) **Wellness for Women** – Learn about wellness for women from the privacy of your desk in this webinar offered August 8. This information is not just for women. The men in women’s lives can have significant influence on women’s health. Men can also tune in and learn useful tips about women’s health. Click here to register: (http://bit.ly/OuWomensHealth).

2) **Life is a Balancing Act!** Learn to identify your stressors and to neutralize them in this stress management webinar. We’ll also explore proven strategies for addressing work-life balance concerns. Join us online for Achieving Work-Life Fit on August 21 at 11:30AM. Click here to register: (http://bit.ly/AchievingWorkLifeFit).

Questions?
The mission of Healthy Sooners is to foster a supportive culture of physical and mental well-being, which inspires employees to make healthy personal and professional lifestyle choices.
Email: (healthy-sooners@ouhsc.edu)
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Facebook: (http://www.facebook.com/healthysooners)
Newsletter: (http://healthysooners.ouhsc.edu/news/newsletters/default.aspx)
Twitter: (https://twitter.com/HealthySooners)

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