Weekly COVID-19 Update on March 2nd. You can watch it here: [link]

Dr. Michael Good, Senior Vice President of University of Utah Health, provided his weekly COVID-19 updates from the Officers Club in Fort Douglas. Please visit [link] for more information.

Asymptomatic COVID-19 testing is available for all members of the campus community. There are two testing locations on campus: Union Building and the Health Center. Additional information can be found on the University Health website: [link]

We hope you find these tips helpful for making your workplace a hub of physical activity and wellness:

- Did you know we sit an average of 12 hours each day? Research suggests prolonged sitting is wreaking havoc on our health. Excessive sitting is cited as a leading cause of cardiovascular disease, diabetes, and obesity.
- Did you know that we have 70% of our daily calories from sugar and flour? Snacking on wholesome foods like nuts, fruit, whole grains, and vegetables can help us feel full for longer.
- Challenge yourself to take a walking break, alone or with a coworker, every hour. This can help to increase your activity levels throughout the day.

Office snacking is a common workplace habit. Here are some tips for improving this aspect of your work environment:

- High fiber snacks (like nuts, fruit, whole grains, & veggies) will curb your hunger for longer!
- Not an option to remove office candy, sweets, or salty snacks? Store them out of reach, or designate a specific area for them.
- The Wellness and Integrative Health department offers a Well Office Certification program. You can learn more about it here: [link]

The following events will be virtual. Stop by and see what you miss!

- [Event 1]
- [Event 2]
- [Event 3]

In addition to these events, the Student Affairs Committee will meet on March 8-12. All participants must register online here: [link]

Featured On-Demand Trainings:

- [Training 1]
- [Training 2]
- [Training 3]

Student Affairs Officers Club Series 2021:

- [Series 1]
- [Series 2]
- [Series 3]

The Student Affairs Panel Series will continue meeting every other Friday at 12pm through the end of the season. You can attend a lunch Zoom meeting to discuss all the drama and updates thus far! We will be showcasing our students, staff, faculty and postdocs at the University of Utah. This workshop was conducted in collaboration with the State of Utah. All participants must register online here: [link]

We hope to see you there!