Learn It Live: Boosting Metabolism

What will I learn?
We will define metabolism, how our daily food and movement choices can impact our health, and how dinosaurs can up the “NEAT” or non-exercise activity thermogenesis in our routines. The interactive part of our session will help you identify what foods and drinks you consume can have a higher nutritional value, and ways to gradually increase the “NEAT” in your day.

When can I participate?
We will provide a few options to Learn it Live on campus. Keep in mind – if none of the options fit your schedule, you can reach out to the Be Well UC team and “host” it within your department as a Work Well session (Details available online: http://bit.ly/2ssaVdt)!

Wednesday, May 30 from 8-8:30am,
University Pavilion 220A (Main Campus)

Register now on HR EDGE: http://bit.ly/2f31BH1

What can I expect?
You will not:
- Share any personal information you don’t wish to share.
- Feel like you have a ton of homework to do afterward.
- Leave overwhelmed without a clue where to start.

You will:
- Have an opportunity to speak with a certified Health Coach throughout the session.
- Ask and have answered your questions related to the topic, as well as about Be Well UC.
- Engage with colleagues who may have similar interests as you.
- Leave with a plan of action to follow to make healthy lifestyle choices.

Learn more about...

- NEAT: https://www.acefitness.org/education-and-resources/lifestyle/blog/6852/6-things-to-know-about-non-exercise-activity-thermogenesis
- Upcoming Learn It Live sessions on the Be Well UC Events Page: http://www.uc.edu/hr/bewelluc/events.html
- 1:1 Health Coaching at: http://www.uc.edu/hr/bewelluc/healthcoaching.html