

ENGAGE NEWSLETTER

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ADVENTURE2 LIVE WELL QUARTERLY CELEBRATION RECAP

ISU WellBeing hosted the annual Adventure2 Live Well Quarterly Celebration on Friday, March 22 in the Memorial Union Cardinal Room.

Over 200 Adventure2 participants who have achieved the **Live Well level (3)** in the program were invited to attend for brunch, celebration, and recognition of their well-being efforts and commitment.



About the Celebration

Approximately 30 individuals attended despite an unexpected spring snowstorm and difficult travel! Attendees received a complimentary breakfast, Iowa State swag, door prizes, and the opportunity to visit with other participants in Adventure2.

There was a lot of great conversation among attendees about how Adventure2 has impacted their personal health and well-being journeys, along with ideas of ways to improve the program in the future.

Guest Speaker

Heather Paris, Interim Senior Vice President for Operations and Finance, was the event's guest speaker.

Heather graciously shared how Adventure 2 has impacted her personal wellness journey and the value she feels ISU WellBeing programming provides to our employees. She emphasized how important well-being, health, and work-life are to Iowa State University and gratitude to those who are not only living it but role modeling well-being for others in their work areas. They are truly creating a positive experience for the Iowa State community.



Live Well Celebration Attendees

Live Well Quarterly Celebration Testimonials

Celebration attendees were asked to leave testimonials about how Adventure2 has impacted their well-being this year. Check out what some of your colleagues had to say about their experience in the program!

"I appreciate the ongoing opportunities to learn about activities, ways to increase our overall wellness, exercises, and mindfulness sessions. I can earn points and apply my understanding and knowledge to stressful situations and my everyday life."



Even though I don't see or know most people involved in this program, I recognize names and faces from Mid-Morning Mindfulness (MMM) and related programs and events. I would not have EVER tried MMM, adult exercise/movement class, or noon walks without Adventure2."

"Doing some of the team challenges has provided opportunities for my work team to connect with and support each other in wellness."

We have had fun cheering each other on and learning from each other."

"Part of what drives me is competition. I love the step challenges because they give me motivation to stay active. Knowing what personally helps me to become thankful, healthier, and mindful. Tracking my activities helps keep me accountable. Thank you for all the great activities you offer."

"Very thankful for this program and the support from leaders at ISU."



Love that it encourages me to get out and do things I want to do through extra motivation. Love the group challenges. I particularly like the 10% discount for an ISU Rec Services membership."

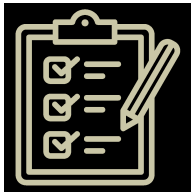
How You Can Achieve Level Three in Adventure2

The next Live Well quarterly celebration will be held in May. Are you interested in attending? If you'd like to receive an invitation, you'll need to achieve level three in the Adventure2 program!

To complete level three, you must earn **3,000** Adventure2 points. When you achieve the level, you receive:

- **A \$40 Tango gift card**
- **An invitation to the Live Well quarterly celebration**
- **A level achievement email badge**

Not sure where to start? Here are three action items to help you achieve level 3!



Complete your Well-being Assessment.

Did you know that completing your Well-being Assessment earns you **500 points**? This assessment provides baseline well-being results and areas for improvement, and is an easy way to accumulate a good chunk of points!

Search for the Take the Well-Being Assessment activity to get started.



Consistently check back for new activities.

Don't let yourself get stagnant in the program! There are always new activities launching. Here are some recently launched activities:

- Friday Walk and Talks (Spring) | 15 weekly points
- Complete the Adventure2 Sleep Series | 100 points
- Team Challenge: Savings Goals | 75 points



Consider sharing your story.

A great way to earn **100 points** today is to complete the Adventure2 Success Stories activity.

Has Adventure2 supported you in achieving your well-being goals? We would love to hear your story. To complete the activity, submit your well-being success story via the survey linked in the activity.

Even if you haven't yet enrolled in Adventure2, Iowa State's employee well-being and engagement program, there's still plenty of time to get involved and start earning points!

Get Started Today

Upcoming Programming and Workshops

Mid-Morning Mindfulness | Tuesdays and Thursdays | 10-10:15 a.m.

Writing Your Retirement Paycheck
April 16 and 23 | 6:30-8:30 p.m. | \$25

Resilience: Harnessing the Power of Positive Stress

May 2 | 1-3 p.m.

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