

## Why Better Me?

RIT introduced the *Better Me* employee wellness initiative to the RIT community in October 2007. Together, we can create a culture of health and wellness by educating employees about their personal choices and by providing employees with resources to maintain their good health. We care about you as a person and as an employee. Your health is precious. We encourage you to take advantage of the *Better Me* opportunities available at RIT.

### >> Vision

Rochester Institute of Technology values the well-being of each individual employee. The *Better Me* program is committed to encouraging employees to make personal choices that promote optimal health and create a culture of total wellness.

### >> Mission

It is the mission of RIT's *Better Me* employee wellness program to provide a variety of opportunities designed to encourage personal responsibility and growth in the area of total wellness. RIT will recognize its employees' diverse needs and interests by expanding educational programming, events, activities, resources and the use of facilities in areas such as fitness, nutrition and general health, to promote a "Better Me" for the benefit of each RIT employee.

## Get Involved With *Better Me*!

### Committees

Nutrition  
Fitness and Physical Activity  
Communication and Education  
General Health

### Focus Areas

Impact Analysis Team  
Proposal Development Team

*To join a committee or focus area team, please contact:*

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### Contact Us

#### *Better Me* Employee Health and Wellness

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## Are You Ready...

To reach your full potential?

To improve your health?



To help RIT create a culture of health and wellness?



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## Nutrition

**Dining Services** – Menus and healthy choices for all major campus dining facilities, including an online “Net Nutrition” service for meal-planning assistance.



**Weight Watchers® at Work** – Meetings held on campus. Program is available to all members of the RIT community and their family members.

**Eat Well. Live Well.™ Challenge** – Eight-week competitive program in the spring for RIT employees. The program is designed to encourage participants to “Strive for Five” servings of fruits and vegetables daily while increasing their level of physical activity.

**Farmers’ Market** – Held on campus during fall quarter. Local farmers and merchants have fresh produce and other goods available for sale to all members of the RIT community.



**Community Garden** – Established and maintained by members of the RIT community. The harvest of the garden is shared by its members, with excess harvest donated to various organizations, including RIT’s Dining Services.

**Good Food Collective** – A community supported agriculture (CSA) program with weekly deliveries on the RIT campus.

## Healthy Living

**Wellness Coaching** – On-site wellness coaching services available to RIT employees, including screenings for blood pressure, weight, body composition.

**Work/Life Balance Services** – RIT’s employee assistance program (EAP) offers an extensive array of life resources as well as counseling benefits to RIT employees and household members.

**Health Care/Medical Services** – Provides information on health screenings, comprehensive health programs, health education programs, and other services to plan members.

**Workplace Ergonomics Laboratory** – Offers training, RIT workstation evaluations, and a product library.

**Massage Therapy** – On-site chair massage services available to RIT employees.

**Smoking Cessation** – Various options exist to help fight the addiction and to provide support for those who want to quit smoking.

**Wellness Screenings** – Various options available for on-site wellness screenings for employees including blood pressure kiosks, skin cancer assessments, cholesterol, glucose & more!

**Wellness Seminars** – The Center for Professional Development provides programming for RIT employees to facilitate professional growth and development.

**Flu Shot Clinics** – Available annually on campus.

**First Aid Services** – The Student Health Center offers emergency first aid and limited convenience services to RIT employees.

**Meditation Services** – The Counseling Center provides weekly mindfulness meditation sessions.



## Fitness & Recreation

**Fitness Facilities** – Employees have free membership to state-of-the-art fitness facilities, including the Student Life Center, the Gordon Field House & Aquatics Center, and the **Better Me** Wellness Center at Global Village.

**Fitness Classes – Better Me** fitness classes are offered to employees on a year-round basis. Classes change with the academic calendar and are designed for all fitness levels. Class pass options are available for those who wish to try one or more classes.



**Personal Training** – Work with one of our certified **Better Me** personal trainers individually, in a small group, or online. Programs are completely individualized and flexible to accommodate individual goals and needs. A **registered dietician** is available for customized meal planning.

**Recreational Activities** – An abundance of nature trails and indoor walk zones exist, as well as access to Interactive Adventures Red Barn (an on-campus premier rock climbing facility). Various recreational groups, including running and cycling groups, meet on a regular basis. Employee intramural sports are also available.

**Family Fitness Activities** – RIT offers a number of family recreation activities throughout the year, including learning to ice skate, children’s swimming lessons, and more.