



Wellness Ambassador Newsletter

WELLNESS AMBASSADOR SPOTLIGHT

Kim Mossburg is currently the head of the IU Kokomo Healthy Initiatives Committee, a Registered Dietitian, and a Certified Athletic Trainer. As a licensed healthcare professional, Kim enjoys helping people with various aspects of health and occasionally gets to see clients on campus. As part of their on-campus wellness programming, the IU Kokomo Healthy Initiatives Committee creates “Wellness Boxes” that employees can win.



**KIM MOSSBURG,
MS, RD, LDN, ATC**
Lecturer in Nutritional Science,
Allied Health Sciences,
IU Kokomo



Kim describes the Wellness Boxes: “These boxes focus on a theme related to health. For example, we have had a skin care box, a cold and flu box, and a healthy snacks box. Each box has items which according to research are beneficial for the specific topic. The box comes with an informative summary of the benefits of the items from research. In order to win the box, participants in the drawing are asked to answer a question or two. Sometimes there is a research study on a topic of interest or a summary of evidence which provides the answers (sent out with the box contest email).”

Would you like to be featured in an upcoming Wellness Ambassador spotlight? We'd love to hear from you! E-mail Julie at jullande@iupui.edu.

MOVE MORE, FEEL GREAT!



[Move More IU Challenge](#)

March 1-19, 2021

A free online program open to all IU employees and their spouses, IU students, and community members

[Register Now](#)

Challenge yourself to move more anywhere, anytime! Move More IU participants will receive an online tracker to log and track their active minutes or times moved during the challenge. They'll also receive emails with tips and encouragement from Healthy IU.

[Learn more](#) about the friendly campus competition and incentive.

WORK + LIFE PARENTING RESOURCE

NEW! “Break It Down, Dr. Beth”

Monday, February 8

1:00-1:30 p.m. (ET)

[Register Now](#)

In a world where it feels like each day brings another BIG thing to talk about with our kids, IU East's Dr. Beth Trammell joins us to help break it down! With her expertise in child development, parent-child interactions and interpersonal communication, Dr. Beth will help us tackle the hardest topics by teaching us why it is important to talk about certain topics with our kids and then . . . how to do it!

CALENDAR

Spring Semester 2021:

Check out [programs and services](#) available now on your campus!

March 1-19, 2021:

Challenge yourself to move more anytime, anywhere!

Participate in the [Move More IU Online Challenge](#).

May 7, 2021:

Wellness Ambassador Bi-Annual Meeting (Online)

May 18-19, 2021:

Healthy IU Summer Programs promoted in university-wide newsletter.

Did you miss the last newsletter? Check out [archived Wellness Ambassador Newsletters](#) [here](#).

8 DIMENSIONS OF WELLNESS: SOCIAL



Did you know? Decades of evidence show that the biggest contributor to our health is our relationships.

Use these resources to nurture your social well-being:

- **Know that your KINDNESS truly makes a difference:** Acts of kindness influence a person's [health](#) on a microscopic cellular level, and can have a ripple effect far beyond ourselves.
- **Stay committed to RACIAL EQUITY:** Racism is a [public health crisis](#), and being [anti-racist](#) requires mindful attention.
- **Prioritize FRIENDSHIP and connection:** Friendships help buffer the stressors of life, and can help us find [purpose and meaning](#).

The 8 Dimensions of Wellness are: physical, emotional, occupational, environmental, social, intellectual, financial, and spiritual.

HEALTHY IU TEAM MEMBER SPOTLIGHT

- **What made you interested in being a registered dietitian?** I think I'm more sensitive to the effects that food has on how I feel than most people, which made me want to learn about nutrition as a means of improving my own health and performance. I didn't really consider it a career pursuit until my last semester before graduating with a degree in economics. I realized a career as a dietitian sounded much more fulfilling, so I shifted gears and have been very pleased with that decision.
- **When should someone contact you about nutrition counseling?** I think anyone could benefit from nutrition counseling. Whether you have a specific health goal, like losing weight or lowering cholesterol, or are just interested in making sure your diet is meeting your nutritional needs, a nutrition counseling session can help make sure you're on the right track. Appointments are currently being held via video conference, and you can schedule an appointment by emailing me at askanrd@indiana.edu.
- **Why do you like working at IU?** The people. First and foremost, my Healthy IU and Student Health Center teams are the best! I also enjoy being able to work with so many amazing people across the IU campuses.
- **Fun fact:** I'm a competitive indoor rower. I'm aiming to qualify for the World Rowing Indoor Championships within the next few years.



STEVEN LALEVICH
Healthy IU Registered Dietitian
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