



# MONTHLY HIGHLIGHTS

Your Employee Well-Being Resource



## ***UV Safety & Skin Health***

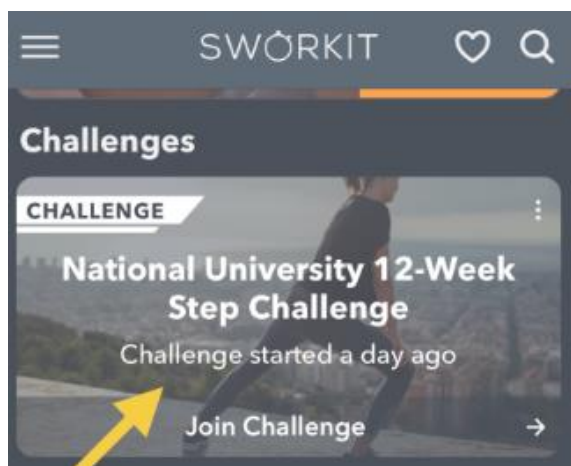


### **Protect Your Glow. Prioritize Prevention**

July is peak sun season, and it's the perfect time to revisit how we care for ourselves under the sun. From preventive care tips and educational webinars to fitness challenges that support healthy circulation and skin function, we've put together practical tools to support your overall well-being.

**Wellness Challenge:**  
*Step Challenge - Spring into Action*





## University-Wide Step Challenge Through August 8!

You can join anytime! Steps are tracked through SworKit, a free health and fitness app available to all NU employees. SworKit can [sync your past steps](#) from your health app (Apple Health, Google Fit, Fitbit). Stay connected through weekly reflection prompts on Viva Engage and earn Motivosity points throughout the 12-week challenge! [Learn more about the challenge>>](#)

## Featured Webinars



### Skin Health 101 | Marino Wellness

Learn key strategies to keep your skin protected and thriving in this on-demand recording.

- [Watch Now](#)



### Core Class | Leslie Harrington

A low-impact, functional movement class designed to enhance core strength, circulation, and stress relief, which supports healthier skin.

- Jul 10, 17, & 24 at 12:00pm PST
- [Register here](#)

View the full list of wellness webinars on the [Wellness Loop's Event Page](#).

[Register Now!](#)

## SworKit Health & Fitness



## What is Sworkit?

Sworkit is a health and fitness app that offers workouts and routines for every level and schedule. [Register for Sworkit app>>](#)

## Need Help Getting Started?

Join the Sworkit 101 Live Q&A Session on July 22 at 9:00am PST. [Register for webinar here>>](#)

## Sworkit Webinar: Plant Powered Nutrition

Join the Sworkit “Ask a Trainer” webinar series on July 8 at 9:00am PST and explore the benefits of plant-based eating. [Register for webinar here>>](#)

Learn More About  
Sworkit Features

## Well-Being Tips: 4 Pillars in Action



### PHYSICAL WELL-BEING

#### Physical Well-Being:

**Tip:** Dr. Andrew Huberman discusses how skin health appearance is an indicator of health status, immune system, gut microbiome, and other organ systems.

📌 **Watch:** [Andrew Huberman's Podcast](#)

#### Emotional Well-Being:

**Tip:** Stress can exacerbate skin conditions like acne and eczema. Practice weekly mindfulness with Dr. Zvi Bellin to support emotional balance and skin health.

📌 **Register:** [Mindfulness Series – Wednesdays at 8:30 AM PST.](#)





## FINANCIAL WELL-BEING

### Financial Well-Being:

**Tip:** Improve your financial literacy with TIAA. To help you take control of your finances, TIAA offers free financial wellness webinars.

🌟 **Register:** [TIAA webinar](#)

### Purpose Well-Being:

**Tip:** Purpose isn't reserved for people who always knew what they wanted to be. You can uncover purpose in the work you already do. In this LinkedIn Learning course, you'll learn how to bring more meaning into your current role.

🌟 **Take Course:** [Finding Your Purpose at Work](#)



## PURPOSE WELL-BEING

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### We want to hear from you!

Your feedback helps ensure that our wellness resources align with your needs and support your wellness journey. Take just a few minutes to complete our Wellness Survey by **July 31, 2025**, and we'll thank you with **1 Motivosity point** for your time and insight.

[Take Survey](#)

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### Customized Wellness Events

Did you know we can organize a customized wellness event or challenge for your team? Options include meditation, yoga, chair yoga, Pilates, and Zumba. If you're interested in setting up a wellness activity for your team or meetings, click on the button below.

[Set up Wellness Activity](#)

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### Stay Connected

- [The Wellness Loop SharePoint](#): Your central hub for wellness tools and resources

- **Viva Engage:** Join discussions, challenges, and get inspired
- **Contact Us:** [thewellnessloop@nu.edu](mailto:thewellnessloop@nu.edu).



**HUMAN  
RESOURCES**

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