



# NEW YEAR, NEW YOU CHALLENGE

## UCI NEW YEAR, NEW YOU CHALLENGE RESOURCES

As you embark on the New Year New Challenge, explore the many virtual wellness resources available to the UCI Community.

### Physical Activity/Fitness

- [UCI Health Live Well Blog](#)
- [UCI Campus Recreation](#)
- [UCI Wellness Adds Up](#)
- [UCI Rec Kids at Home](#)
- [myStrength App](#)
- [Zot Stretches](#)
- [Ergonomics Tips for Remote Work](#)

### Mental/Emotional Wellbeing

- [UCI Employee Assistance Program](#)
- [EAP Webinars Library](#)
- [SSIHI Wellbeing Services](#)
- [SSIHI Mindfulness Classes](#)
- [UCI Faculty/Staff Support Services](#)
- [Telemental Health Services](#)

### Nutrition

- [UCI Housing Sustainability: Cookbook](#)
- [UCI Health Recipes](#)
- [UCnet Healthy Recipes](#)
- [Anteater Test Kitchen Videos and Recipes](#)
- [Recipes to Make with Kids](#)
- [Feed Your Potential 365](#)

### Financial Wellness

- [Fidelity Financial Education](#)
- [Bright Horizons Back-Up Care](#)
- [UCI Disaster Relief](#)
- [Homeowner/Renter/Auto Insurance](#)
- [Nationwide Pet Insurance Discount](#)
- [UCI Employee Tuition Discount](#)
- [UCI Employee Perks & Discounts](#)