

COVID-19 vaccine distribution updates and reminders for the university community

Editor's Note, April 5, 2021: Appointments are still available for the employee vaccination clinic on April 6, 7, and 8 at the Dedmon Center on the campus of Radford University. To register for an appointment you must be an active employee of Virginia Tech. This includes faculty, staff, wage, seasonal and graduate and undergraduate students who work for the university in some capacity. Visit <https://www.hr.vt.edu/resources/employee-vaccination-clinic.html> for more information.

The Virginia Department of Health (VDH) continues to lead vaccine distribution for the commonwealth, and Virginia Tech remains in close contact with the department to ensure vaccines are available to all university members.

As VDH works through its limited supplies of vaccines, new vaccination clinics across the commonwealth will be announced on an ongoing basis.

All Virginia Tech community members - employees and students - are reminded to take the following steps to stay informed about the vaccination process:

- Check your Virginia Tech email often for the latest university COVID-19 updates and vaccine clinic information. Virginia Tech will use email to communicate with university members as they are eligible to register for a clinic. If you have not yet received an email to register for a clinic, please check your email often for new updates.
 - As a reminder, check spam and junk folders in both Google and Outlook, as well as the "Other" Inbox folder if you use Outlook for email.
- Register on [Vaccinate.virginia.gov](https://vaccinate.virginia.gov) and ensure your account is up-to-date if you have already pre-registered.
- Visit the Virginia Tech Ready site at <https://ready.vt.edu/vaccinations.html> for additional vaccine information.
- If you receive a communication from VDH to register for a clinic on a particular date and time, please reply to that communication, following the instructions provided (1- Confirm the appointment; 2 - Defer the appointment; 3 -

Reply that you are awaiting or have scheduled your second dose; 4 - Decline if you have already been vaccinated).

Questions may be directed to Hokie Wellness at hokiewellness@vt.edu.

2021 campus climate survey launches April 13

The university will launch our 2021 employee climate survey on April 13.

Through a cross-functional committee of survey and assessment experts from Human Resources, Student Affairs, the Graduate School, Office for Inclusion and Diversity, Office of the Executive Vice President and Provost, and Office of Analytics and Institutional Effectiveness, we have created one survey that employees across all Virginia Tech locations will be able to take.

The information collected through this survey will:

- Help us understand the perceptions of employees as it relates to university climate, including diversity, inclusion, leadership, work environment, and job satisfaction.
- Lead to a better understanding of the campus experience for different groups of people and across locations.
- Enable us to develop strategies and make informed decisions that inspire positive change in our campus climate over time.
- Help us understand the level of employee engagement and perceptions of COVID-19.

On April 13, all employees with a Virginia Tech email account will receive an email from climatesurvey@vt.edu. The email will contain a link to the survey, which will take approximately 10 minutes to complete. Information will be provided to supervisors and managers for employees who have limited access to computers.

The link is personalized to each employee and should not be forwarded to others. While the survey has been pre-populated with some organizational information to ensure accurate reporting, as with previous climate surveys, responses are confidential. Individual data is not shared, only to aggregate data. In addition, categories must have a minimum of 10 responses to be shared collectively.

Every response matters. This is a great opportunity

for employees to take this opportunity to share their perceptions and valuable feedback about their Virginia Tech experience.

Hokie Health: Physical movement can make you feel better

According to the Mayo Clinic, everyone benefits from physical activity regardless of age, sex, or physical ability. Check out these reasons to move on a regular basis:

- Exercise helps prevent or manage many health problems including high blood pressure, Type 2 diabetes, arthritis, and falls. It can boost high-density lipoproteins (HDL), the “good” cholesterol, and decrease unhealthy triglycerides.
- Exercise can help prevent weight gain or help maintain weight loss. Any amount of activity is better than none at all. Just get more active during your day. Consistency is the key.
- Exercise can enhance your mood. Feeling low or need to blow off some steam after a stressful day? Activities such as a workout, walk, biking, dancing, yoga, or tai chi can help. Physical activity triggers various brain chemicals that may help you feel happier, more relaxed, and less anxious. According to the National Institutes of Health, physical activity can reduce feelings of depression and enhance your overall emotional well-being. Regular activity can even boost confidence and improve self-esteem.
- Exercise can help you sleep better. Regular physical activity can help you fall asleep quicker, help you get better sleep, and even deepen your sleep.
- Exercise boosts energy. Regular physical activity improves muscle strength and boosts endurance. It also improves heart and lung health, which, in turn, gives you more energy to tackle your day.
- Exercise can be fun. Physical activity can be enjoyable. It gives you the opportunity to unwind, enjoy the outdoors, and just participate in activity that makes you happy. Find something you enjoy and just do it!

How much activity do you need? Recommendations are for 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity (or a combination of both) spread throughout the week. Remember, activity in small amounts can accumulate throughout the day and provide health benefits. Add strength training for all major muscle groups at least two times a week lifting free weights or doing body-weight training.

Employees have access to physical activity through Recreational Sports - <http://www.recsports.vt.edu/>. Memberships are available to Recreational Sports facilities

(McComas Hall and the Fieldhouse) where employees can work out doing cardio, weight training, and in the pool. McComas Hall is also equipped with an indoor track for walking and running.

If you want more guided exercise you can join in group exercise, small group training, or personal training. You can participate in group exercise classes, ranging from yoga to cycle to cardio HIIT classes and more in person or virtually. Personal training will pair you with one of our nationally-certified personal trainers to develop individual work outs. Small group training is a small group of people who meet together twice a week for four weeks with the same coach for specific workouts.

If you enjoy sports, make sure to check out intramural sports. Employees are welcome to participate and compete in individual or team sports. Check out what is being offered this spring.

Another great option for being active is through Venture Out. You can rent outdoor equipment to have your own adventure, attend trips led by our team, climb the new bouldering wall, or participate on the Challenge Course. Being outside and active is proven to help boost your mood.

Recreational Sports is offering a plethora of virtual options to help get you moving including an Employee Movement Club and Hokie Fit Online Training.

Recreational Sports is here to help you move more. If you have questions, please contact them at recsports@vt.edu.

Visit the Employee Wellness at Home site at <https://hokiewellness.vt.edu/hokie-wellness-at-home/employee-wellness-at-home.html> for more information on virtual workshops, connection sessions, and other wellness resources offered. Learn more about how we can be Better Together at Virginia Tech.

Hokie Wellness serves Virginia Tech to foster a healthier community by providing prevention services, education, outreach, and resources to employees and students. If you have questions, need help, or would like to join the Hokie Wellness Google Group to stay up to date with monthly updates, contact the team at hokiewellness@vt.edu.

Read notice: <https://vtnews.vt.edu/notices/hokie-wellness-hokie-health-physical-movement.html>