



Employee Wellness

Wellness Services Details

Nutrition Consultation (30 minutes)

Nutrition consultations are available to help participants achieve their health goals by establishing optimal daily caloric targets, protein requirements, and balanced food ratios. Assessments for resting metabolic rate and dietary records may be used, in addition to resources for physical activity, stress management, and food quality.

- Call or email Employee Wellness Coordinator to set up a time: 785-670-1314; brent.trammell@washburn.edu.
- Conducted in the Wellness Suite of the SRWC, Room 106 or remotely.
- No forms are required to be completed prior to the initial session. A *Health Coaching Consent* and *Lifestyle and Health History Questionnaire* will be used during the first session and a *3-Day Food Record* may be used for a second session. Additional sessions are available for optimizing food quality and choices for specific goals.

Body Composition Analysis (5 minutes)

An InBody scanner provides comprehensive body composition analysis including body water, lean mass, and fat mass. Direct segmental measurement is used for improved precision and provides an excellent resource for tracking changes due to exercise and nutrition plans.

- Call or email Employee Wellness Coordinator to set up a time: 785-670-1314; brent.trammell@washburn.edu.
- Conducted in the Wellness Suite of the SRWC, Room 106 with an InBody 270 scale.
- Come hydrated, at least 2 hours after last meal, and having used the restroom beforehand.
- Wear lightweight clothing.
- Wear shoes and socks that can be easily removed.
- ***Not suitable for individuals that are pregnant or have a pacemaker.***

Health and Fitness Assessment (30 minutes)

Health and Fitness Assessments-Health and fitness assessments are available for individuals interested in evaluating personal health through specific physical parameters. Body composition, cardiorespiratory/muscular endurance, balance, and flexibility evaluations may all be used. Lifestyle and exercise recommendations/referrals may be offered based on results and personal health goals.

- Call or email Employee Wellness Coordinator to set up a time and receive the Assessment packet: 785-670-1314; brent.trammell@washburn.edu.
- Please fill out and return the *Informed Consent for Health and Fitness Assessment, Exercise and Health History Questionnaire, and PAR-Q+* forms in the packet **before** scheduled meeting time (the packet may be dropped off at the SRWC front desk or emailed to brent.trammell@washburn.edu).
- **After PAR-Q review, a physician's release may be requested before participation.**
- Conducted in the Wellness Suite of the SRWC, Room 106.
- Dress in activewear with appropriate shoes; hydrate, but refrain from heavy meals beforehand.