

LINDENWOOD UNIVERSITY



Pride Points Catalog

January 1, 2022 – December 16, 2022

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Changes Coming Fall 2022!

The Employee Wellness Program is getting a refresh! Be on the lookout for communication regarding the new changes. The program is essentially remaining the same – you can complete challenges and events to earn points and redeem those for prizes! The names are just different!

The program will now be called Lions Living Well!

Wellbucks will now be called Pride Points. Your points in Workday and this catalog have been updated to reflect the change. Don't worry – you didn't lose your points! They are just reflected in increments of 10 instead of 1,000 or 10,000.

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How to Earn Pride Points

Category	Pride Points	Limits
Wellness Survey via HealthCheck360	10	Complete once per year
Webinar or session related to dimension of wellness	10 each	Max of 100 Pride Points (10 webinars/sessions)
LindenWell Challenge or Wellness Activity	25 each	Max of 200 Pride Points (8 challenges/activities)
Volunteer/Community Event	10 each	Max of 20 Pride Points (2 activities)

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Item Categories

CATEGORY	PAGE NUMBERS
Attire	5 – 6
Bags and Coolers	7 – 8
Blankets and Towels	9
Drinkware	10
Ergonomics	11
Exercise	12 – 13
Goodies	14
Recovery	15
Community Testing Options	16 – 21



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Order Information

- Orders are on a first come first serve basis and must be picked up in person on the St. Charles Campus.
- Pride Points cannot be shared or combined with other employees.
- **Pride Points will be valid from January 1, 2022, through December 16, 2022. The final day to submit and pick up orders will be December 16.**
- Contact Jessica Bucci, jbucci@lindenwood.edu to submit your order! Once the order is ready, Jessica will notify you that it is ready for pickup in Stumberg Hall!
- [How to view Pride Points in Workday](#)

ATTIRE

Windbreakers
(S – XL)
120 Pride Points



Long Sleeve Half Zips
(S – 2XL)
150 Pride Points



Long Sleeve Full Zip (S – 3XL)
150 Pride Points



Joggers
(S – 2XL)
150 Pride Points



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ATTIRE

Wellness Warrior Shirts

1. Cotton White T-Shirts
(S – XL) – Limited Supply!

50 Pride Points

2. Gray T-Shirts
(S – 2XL)

80 Pride Points

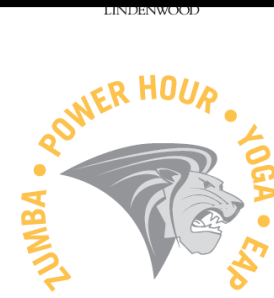
3. Long-Sleeve Green Shirt
(S – 2XL)

80 Pride Points

1.

WELLNESS
WARRIORS

T-shirt Front



T-shirt Back

2.



3.



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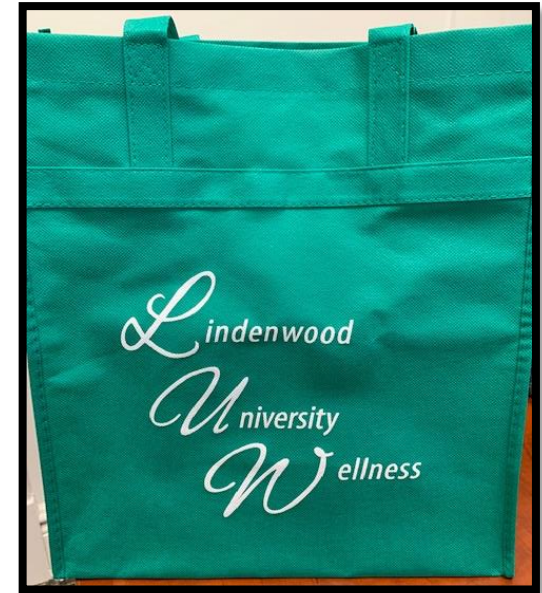
BAGS AND COOLERS



**Black Duffel Bag
(Small Size)**
50 Pride Points



**Gray Duffel Bag
(Large Size)**
60 Pride Points



**Reusable Grocery
Bag**
30 Pride Points

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BAGS AND COOLERS



**Blue Lunch Tote
(with cooler)**
50 Pride Points



**Black Cooler/
Lunch Bag**
40 Pride Points



**Koozie® Backpack
Cooler Chair**
120 Pride Points

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BLANKETS AND TOWELS



Beach Towel
50 Pride Points



Sweat Towel
10 Pride Points



Blanket
100 Pride Points

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DRINKWARE



Aluminum Water Bottle
40 Pride Points



Coffee Tumbler
60 Pride Points



Water Bottle
20 Pride Points

Blender Bottle Shakers
(Brought to you by the Athletic Performance Department)
80 Pride Points



Coffee Mug
80 Pride Points

Koozie® Vacuum Insulator Tumbler, 11 oz
(Blue or Green)
80 Pride Points



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ERGONOMICS – Limited Supply!

12



**Ergonomic Foot
Stool**
100 Pride Points



**Lumbar Back
Support**
100 Pride Points

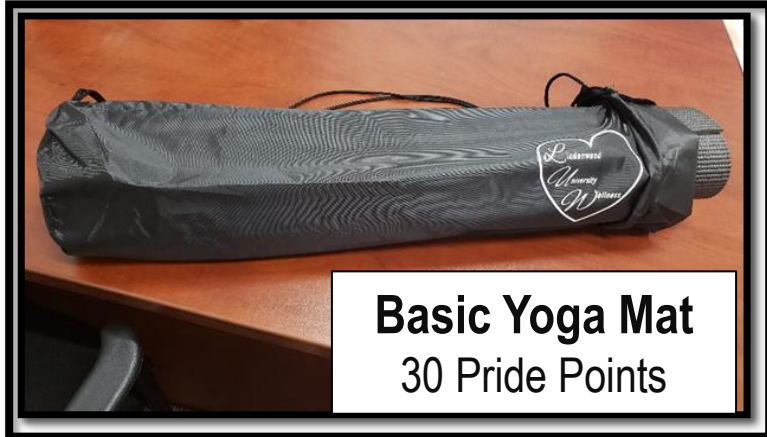


Desk Bike
100 Pride Points

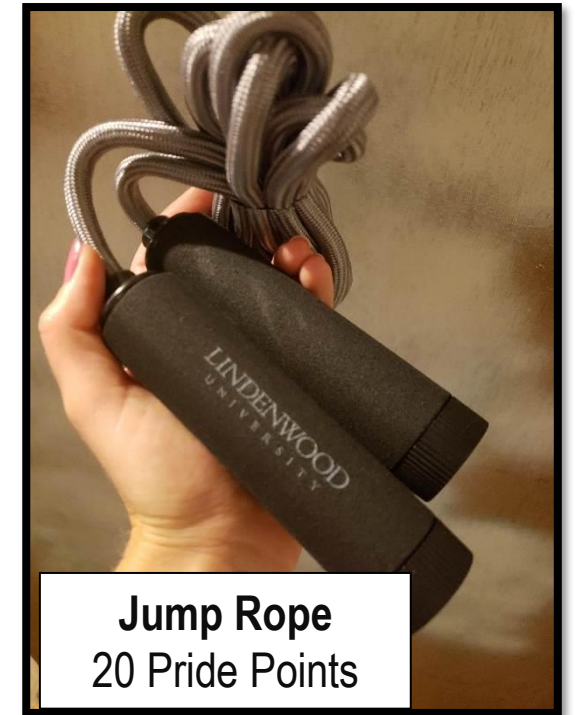
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EXERCISE



Resistance Bands and Sack
(3 bands, different levels of resistance)
40 Pride Points



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EXERCISE – FITBIT



200 Pride Points
***One per person, while supplies last.**

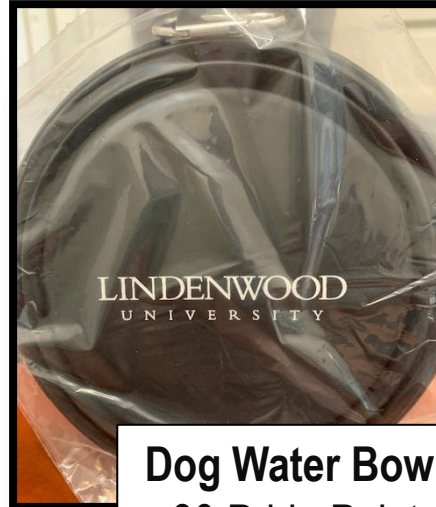
Available Versions:
Fitbit Sense (newest)
Fitbit Versa 2
Fitbit Versa

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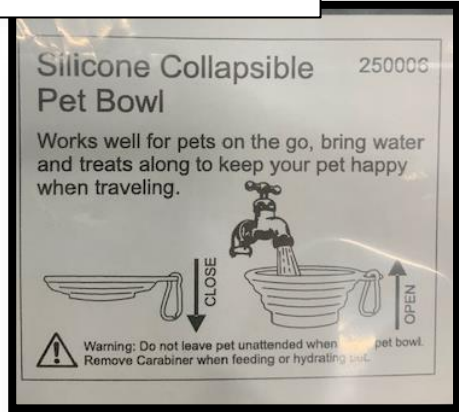
GOODIES



Addi Wireless Speaker
100 Pride Points



Dog Water Bowls
30 Pride Points



Saturn Wireless Charging Pad
60 Pride Points

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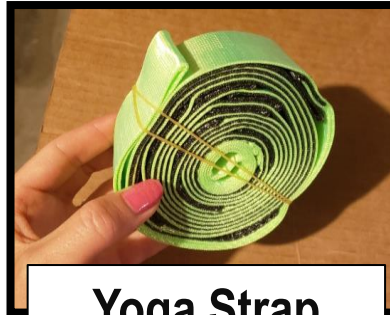
RECOVERY



**Hot and Cold Packs
(Bead or Cloth)**
10 Pride Points



**Stress Reliever -
Weight**
10 Pride Points



Yoga Strap
30 Pride Points



Yoga Block
40 Pride Points



Foam Roller
50 Pride Points

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COMMUNITY TESTING OPTIONS

- The Exercise and Performance Nutrition Laboratory (EPNL) can complete a wide variety of assessments that deliver accurate and reliable outcomes to help you meet your fitness goals, track progress, and measure the effectiveness of your training and/or nutrition program. Whether you are a competitive athlete, have general or specific health and fitness goals, or are a trainer or a coach who has clients or athletes with these goals, the EPNL can provide various tests to help you meet these goals. Members of our research team will complete each test and you will be provided with a copy of your results. In addition, a staff member will spend time to help you understand the key aspects of each test.
- Prices: The prices for each test are provided. Lindenwood University students, staff, and faculty are charged at 50% of the rate charged to an individual who is not affiliated with Lindenwood University.

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COMMUNITY TESTING OPTIONS

Bioelectrical Impedance Analysis (BIA)

BIA is a brief, non-invasive test that is used to assess body composition or the amount of fat and muscle on any person.

- LU: \$5/TEST
- **Pride Points: 15**
- Non-LU: \$10/TEST

Skinfolds

Pinches predetermined folds of skin and measuring the thickness, our technicians can accurately predict one's fat to lean body mass ratio.

- LU: \$15/TEST
- **Pride Points: 15**
- Non-LU \$30/test

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COMMUNITY TESTING OPTIONS

Maximal Oxygen Consumption (VO2Max)

Also called an aerobic capacity test, this exercise test requires maximal exertion while walking, running or cycling (the EPNL can do all three!). This test determines the rate of oxygen consumption, training heart rate zones, and ventilator threshold; all key variables to help people establish fitness parameters and training intensities. VO2Max testing is the gold standard for individuals tracking aerobic fitness. Runners! We have a Woodway DESMO treadmill to complete all running tests. Cyclists! We have a Cycles 2 ergometer; one of only 7 in the entire United States. You bring in your own bike, shoes, etc. and the ergometer works with your own equipment. This test is the standard!

- LU: \$50/TEST
- **Pride Points: 50**
- Non-LU \$100/test

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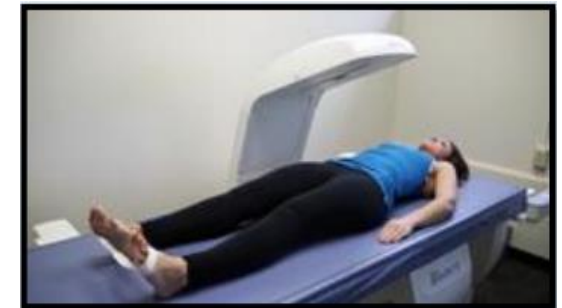
COMMUNITY TESTING OPTIONS

Dual- energy X Ray Absorptiometry (DEXA)

DEXA stands for Dual-Energy X-ray Absorptiometry. DEXA is a body composition assessment that provides participants with regional and whole-body information about bone, muscle, and fat mass. It is a non-invasive test that requires no physical exertion, however, you are exposed to a small amount of radiation that is equivalent to living in any populated city for one month. Participants must lie perfectly still on a table for 3-5 minutes while the scanning arm moves around them. This test is recognized as a gold standard measurement for both its accuracy and reliability. For these reasons, it is a useful test for comparing yourself to healthy standards and monitoring your progress to a diet or exercise regimen over time.

- LU: \$25/Test
- **Pride Points: 45**
- Non-LU: \$50/TEST

Completed in partnership with the Exercise Science program and offered at the Exercise and Performance Nutrition Lab (Field House).



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Resting Metabolic Rate (RMR)

This test is an assessment of one's rate of metabolism while resting. This test is non-invasive and requires no physical exertion. Participants lie on a table for 20 – 30 minutes with their head and shoulders covered by a clear plastic bubble while having their respiration monitored. You will receive accurate information about how many calories your body needs for basic daily functions. Furthermore, study personnel can also speak with you about how to use values to help prescribe how many calories one should consume as part of weight loss or a desire to gain muscle mass.

- LU: \$25/TEST
- **Pride Points: 65**
- Non-LU: \$50/TEST

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Comprehensive Fitness & Health Bundle

This bundle consists of one DEXA + one RMR. This combination of tests is ideal to establish key dietary guidelines, set body composition and body weight goals and determine baseline fitness and training intensities.

- LU: \$100/bundle
- **Pride Points: 100**
- Non-LU: \$150/bundle

Comprehensive Training Bundle

Two comprehensive testing bundles packs within whatever time frame you choose. This bundle offers a pre/post test scenario to allow for an accurate assessment of change or as a mid-point or follow-up test to keep all guidelines and recommendations on track. All funds are paid up front.

- LU: \$125/bundle
- **Pride Points: 150**
- Non-LU: \$250/bundle

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