OFFICE OF HUMAN RESOURCES

- HealthyYou
- Weight Watchers Open House
- Fall into Fitness

HEALTHY YOU

The Office of Human Resources' primary mission is to help attract and retain talented employees who are committed to the University’s success. In an effort to encourage faculty, staff, and Post-Doc’s to live healthier lives, The Office of Human Resources, invites all employees to participate in a health management program called "HEALTHY YOU."

HEALTHY YOU emphasizes individual choice and responsibility for wellness. It includes a range of resources to raise awareness of becoming more involved in your daily health as well as help with the risks that can lead to an illness or ongoing health issue.

Starting in September 2013 information regarding Healthy You programs sponsored by The Office of Human Resources will be sent by a distinct email (healthyyou@brandeis.edu). Please keep your eyes open for these emails for wellness opportunities.

If you would like to be on the Healthy You list serve please send your name to https://brandeis.wufoo.com/forms/healthy-you-list-serve/

This year The Office of Human Resources is partnering with Brandeis Athletics to make more program options available to all employees.

The first two opportunities for this Fall are:

YOGA: (There are 2 sessions available, you can sign-up for one or both) and each 5-class session will cost $30 with pre-registration or $10 for individual classes.

- 5 classes in Usdan, Alumni Lounge (9/10-10/18) --Tuesday's from 12:00-12:45pm
- 5 in Hassenfeld, Lurias (11/12-12/10) --Tuesday's from 12:00-12:45pm

ZUMBA: (there is one 10-class session) and the session will cost $60 with pre-registration or $10 for individual classes.

- 10-class session in Gosman Dance Studio (GDS), Tentatively scheduled for Thursdays from 10/3-12/12 from 5:00-6:30pm

Brandeis Athletics needs to have at least 10 people sign up and pay in advance in order to schedule and make these classes a part of the group exercise schedule. If you are interested in the class, please email Kat Page at kpage@brandeis.edu. If you are not on the fitness listserv but would like to be added in order to receive updates and emails, let Kat know as well.
WEIGHT WATCHERS OPEN HOUSE
Learn how to sign up for Weight Watchers at Work Meetings. Come to an Open House and see how Weight Watchers can help you be healthier.

OPEN TO ALL STAFF, FACULTY, POST-DOC’S
AND GRADUATE STUDENTS

Tuesday, September 10  11:15am - 12:00pm  Levine-Ross, Hassenfeld Conference Center

For information please contact Tim Carey tcarey@brandeis.edu or 781-736-4461

FALL INTO FITNESS PROGRAM

Fall into Fitness Program, sponsored by the Office of Human Resources as part of HEALTHY YOU is an individual fitness challenge designed to encourage exercise, health, and fitness at Brandeis University.

What’s Involved?
Fall into Fitness Program will start in September 2013 and run for eight weeks. The program will focus on three different exercises: Swimming, Cycling, and Running and/or Walking. Each program will have regularly scheduled support meetings and workshops related to the program chosen by the participants. At the end of each week, all participants should record the days they spent on their activities. At the conclusion of the program there will be a raffle. Raffles tickets will be distributed based on each participant’s self-recorded participation in the Fall into Fitness Program. Human Resources will provide the necessary forms to enroll in the program.

The start date and kick off meeting will be announced shortly.

For information please contact Tim Carey tcarey@brandeis.edu or 781-736-4461

It’s More Than a Slogan …
“Healthy You” reminds us to make healthy choices every day. Choose today to begin or continue your lifetime of fitness by participating.