HEALTHY YOU Wellness Program:

Fall into Fitness Program October 1st- November 22nd

As part of HEALTHY YOU Wellness Program, the office of Human Resources is pleased to introduce the Fall into Fitness Program. Fall into Fitness is an individual fitness challenge designed to encourage health, and fitness at Brandeis University.

What is Fall into Fitness?

The program will focus on three different exercises: swimming, cycling, and running and/or walking. During the course of the program participants are invited to attend peer support meetings and workshops. The meetings will be held on Mondays from 12:00p.m -1:00p.m. (excluding 10/28 and 11/4).

Sample workshops include:

- Do Yoga at your desk (Brandeis Staff)
- Design a Workout including how to use equipment (Brandeis Staff)
- Stretching, Warm up, and Run (Brandeis Staff)
- Footwear technology and individual Bio mechanics (Marathon Sports)

Each participant is encouraged to track activity on their “fitness days” to view their progress. Participants who attend a weekly support meeting or a workshop will receive a raffle ticket. At the conclusion of the program there will be a raffle and prizes will be awarded.

The kick-off meeting is October 1, 2013 in Usdan, International Lounge at 12:00p.m.

To participate you must register at https://brandeis.wufoo.com/forms/fall-into-fitness-registration/.

In addition we are pleased to announce Tufts Health Plan has provided The Office of Human Resources with 10 complimentary registrations to the Tufts 10k for Women. (The race is open to women and men) The 10 registrations will be raffled, to interested Fall into Fitness participants, October 4th. The race will be held October 14, 2013. All participants who sign up for Fall into Fitness are eligible for the drawing. For more information about the race please visit http://www.tuftshealthplan.com/tufts10k/

For information regarding the Fall Into Fitness program contact Tim Carey, Benefits Analyst, tcarey@brandeis.edu or 781-736-4461
REMINDER

Weight Watchers – on campus meetings

As part of the University's Healthy You Program, Brandeis offers Weight Watchers. The weight-loss and weight-management program is designed to help individuals achieve their goals in a supportive, inspirational and confidential environment.

Following an initial confidential individual weigh-in, meetings cover a variety of topics including:

Ø Clarification of aspects of the program
Ø Explanation of concepts and techniques
Ø Help in developing self-management and exercise habits
Ø Tips for everyday eating habits

Please consider signing up for Weight Watchers at Work Meetings. A minimum number of participants are needed to hold weekly meetings.

See how Weight Watchers can help you be healthier. The next meeting is scheduled for Tuesday, September 24th in Hassenfeld, Levine Ross from 11:15 a.m. to 12:00 p.m.

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.