

Dear Wellness Enthusiasts:

Spring Into Motion is going strong! I've heard wonderful testimonials about the positive changes folks are experiencing while moving their bodies, such as: "I've always heard that you feel better when you move more, and now I know it's true!".

In particular, I love this testimonial from Deonna Mills-Humphress:

"I have sprung into motion...this program (with the pedometers) makes it very easy to track one's own mobility (or lack thereof). A couple of us have started walking together at lunch. We even step in place as we are talking in the office (quite a sight to behold!). I am moving much more and feeling really good about it. I LOVE my pedometer--it's my new favorite fashion accessory!"

Karen Scrock adds, *"The extra walking is working--using the pedometer is good motivation!"*

Check out the total number of steps in our 12:15 Jazzercise 45-minute class yesterday (5/3/07):

Bhavna Desai, 3645
Sandra Filippi, 2778
Tanuja Shah, 4967
Joana Kong, 2894
Sheila Suarez, 4238
Zenobia Washington, 3214

Lastly, how many steps were in the Rockville Pike's Peak 10-K race on Sunday, 4/29? **Sue Redding**, who wore her pedometer for the race, reports: "**18,753**"!!!! Way to go, Sue!

My testimonial: I've had my pedometer on all day, and while I have been incredibly busy--at my desk--I've only logged in 5549 steps (it's almost 4pm). On the days that I teach classes (classroom as faculty and wellness activity classes) I usually get more than 10,000 before 5pm! So, as soon as I hit send on this email, I'm going for a walk!

SUMMER 2007 WELLNESS SCHEDULE AND INSTRUCTIONS

The summer schedule is attached. I hope that you enjoy the new offerings as well as more of your favorite classes (twice a week instead of once for some).

Please read the following registration questions and answers carefully:

1. Who is eligible to participate in Wellness on campus?

Full or part time staff and faculty with benefits; retirees; and spouses of those faculty and staff with benefits.

2. What is the registration procedure?

If you wish to use EAP funds for classes and the fitness center, please complete BOTH the EAP form and the waiver **BY 5/18/07**. **All forms are to be sent to Bridgid Zapf, HR, Mannakee by 5/18/07.**

If you do not wish to use EAP funds, please attach a copy of the receipt of payment from the Cashier's office to your completed EAP form and **send both to Bridgid by 5/18/07.**

EAP forms are attached to this email for your convenience. **Please note: this is a two page document. Both pages must be completed and sent to Bridgid by 5/18/07.**

3. What are the fees for Wellness for the Summer semester (5/21 - 8/31/07)?

Fitness Center, unlimited use: \$30

Yoga and Kickboxing: \$15 (due to early end dates)

Self Defense for Women: \$50

All other classes: \$30 per class (frequency of class offering does not alter this fee. Each class you select is a flat fee of \$30 for the Summer semester--i.e., Jazzercise = \$30; Tai Chi = \$30; Body Conditioning = \$30; Aqua Aerobics = \$30, etc.).

WHAT'S NEW IN THE SUMMER SCHEDULE?

1. Tai Chi 2 times a week! Now you can start and end your week with a calming, meditative and centering class. Zenobia Washington says, "*I'm very happy to hear that Tai Chi will be scheduled at two different times during the summer. This increases my opportunity to fit it into my schedule.*"

2. Jazzercise at 5:15pm on Wednesdays!

Zenobia also says, "*Jazzercise has been a fun way to enhance my physical fitness and health.*"

So, if you can't make it at 12:15pm on Tuesday and Thursdays, you have an additional opportunity on Wednesdays at this post-work time.

3. Self Defense for Women on Tuesdays at 1pm!

Sandra Filippi says, "*The instructor Anthony Solano is excellent. His lessons are clear and concise in a positive way which builds our self esteem and ensures that we master each "tool" in our "kit" of self defense weapons. He is always encouraging, reminding, and correcting us so that if we are attacked defense will come naturally. The RAD System which he teaches allows "graduates" to return to practice. I intend to take every opportunity afforded to me to repeat the course.*"

4. Body Sculpting 2 times a week - 12:15pm on Wednesdays, 1pm on Tuesdays!

Karen Scrock says, *"I lose the afternoon urge to snooze, the more active I am!"*

5. Circuit Weight Training, 1pm on Thursdays!

Circuit weight training has you moving from one challenging resistance training station to another to keep your heart rate up while working your muscles. It's fun and super effective!

What isn't new in our Summer schedule?

Your favorite classes have returned: Aqua Aerobics, Yoga, Pilates, Kickboxing, and of course, Jazzercise and Body Sculpting.

What's great about the Summer schedule?

Lots of options, both for times of classes and for the variety of old and new classes!

What's sad about our Summer schedule?

As many of you know, Kim Crilly, instructor extraordinaire and "Ask A Nurse" nurse takes each summer off to be with her family (including her new puppy, Goldie). Her last class for the summer is Wednesday, May 17. **Please join me on Wednesday, May 10** for some goodbye cake outside the Fitness Center after spinning class (1pm)!

We still have 2 weeks left in Spring Into Motion, so don't take your pedometers off yet! Have a great weekend, and please get your EAP and waiver forms in asap to Bridgid for the Summer semester.

New to wellness? Now is a great time to start your fitness program!. Email me so that I can help you get started!

In good health,
Brenda Salas
Wellness Coordinator