

WELLNESS WORKS!



WELLNESS WORKS!

**Physically: Let's get
moving**

**Emotionally: Let's just
breathe**

**Nutritionally: Let's eat
healthy**

Contact:
Michele
Heuer, SCC
Wellness
Coordinator.
Phone: 533-
7211 for
further
information.

ANNUAL WELLNESS CHALLENGE 2009/2010

FALL quarter: *Let's get moving.*
Physical fitness is our goal.

WINTER quarter: We will build
on Fall quarter and introduce
"Let's eat healthy."

SPRING quarter: As we continue
our quest towards wellness,
"Let's just breathe..."

Each quarter will have aspects of
all three elements, with emphasis
on the main subject.

**Are you ready to take the
Challenge?**

Wellness DOES Work

WELLNESS WORKS!

Registration Information

The Annual Wellness Challenge

Will involve three different aspects of Wellness

Physical Fitness

Healthy Nutrition

Stress Management

You will need to decide on your goals each quarter, write them down on the tracking form.

You will then need to formulate your action plan on a different piece of paper.

If your overall goal is going to be to get into better shape, lose weight and manage your stress more effectively that is what you need to write out and then plan on how you want to get it done.

Once you register and send in this form, you will be sent your tracking log and you will receive support e-mails a couple of days a week.

There will also be a few *Lunch and Learn* lectures to help you on your way.

The challenge is scheduled for 7 weeks beginning on October 5th.

Why Wait? Fill out your registration form now and send it back to Michele Heuer, then start thinking about your goals, how you're going to achieve them and you will be on your way to better health.

Wellness Does Work!

NAME _____

ID # _____

MAIL STOP _____

PHONE EXTENSION _____