

FITNESS CLASSES OFFERED

Mondays:

Pilates	6 am
Campus Walk	12 pm
Pilates/Yoga Fusion	6:30 pm

Tuesdays:

Zumba or Strength Training	12 pm
Strength Training (DTC)	5:30 pm

Wednesdays:

Strength Training	6 am
Campus Walk	12 pm

Thursdays:

Zumba or Strength Training	12 pm
Strength Training (DTC)	5:30 pm
Latin Aerobics	5:45 pm

Fridays:

Strength Training	6 am
Campus Walk	12 pm

Free Fridays for faculty & Staff
Access to the UTSA Recreation
Wellness Center all day.

Education Opportunities May Include:

Body Composition	Wellness Concepts
Energy Balance	Behavior Changes
Heart Health	Diabetes Awareness
Cancer Awareness	Healthy Image
Holiday Eating Habits	Motivation
Stress Management	Physical Activity



Check-out our website:

www.utsa.edu/safety/wellness

Special Partners

UTSA
Campus Recreation
Human Resources
Student Health Services
Environmental Health, Safety, &
Risk Management



Questions? Contact Kristee Phelps
at (210) 458-6102 or email:
wellness@utsa.edu.

UTSA Environmental Health, Safety, &
Risk Management Presents:

Rowdy New U

A COMPLETE WELLNESS &
LIFESTYLE CHANGE PROGRAM



A six month program geared to
help faculty/staff of the UTSA
community improve their lives in
the following areas:

- Fitness-
- Nutrition-
- Awareness-
- Motivation-
- Lifestyle Behaviors-

How to join

Registration

Name: _____ Date: _____

Dept. _____ Ext. # _____

Email: _____

How did you hear about the program?

What are your interests? Choose from the list below: Choose as many as you want.

- Aerobics Strength Training
 Dance Personal Training Sessions
 Zumba! Charity Walk/Runs
 Boot Camps Demo-Kitchens
 Walking Trails Education
 Competitions Stress Management

Others: Give us your ideas!!

Health/Wellness Goals:

Agreement:

I agree to participate and meet the requirements of this Wellness Program and will provide documentation of my participation each week to The Office of Environmental Health, Safety and Risk Management (EHSRM) via campus mail, email, or by fax to: 458-7450. I will notify EHSRM immediately if I am unable to meet the requirements of the Wellness Program and must therefore drop out.

Signature: _____

Date: _____

Mail to EHSRM at Mail Code 05500 or fax to x7451

Participation

JOINING

Members of the UTSA faculty/staff community are eligible. We are accepting 50 enrollees per month.

MEASURING

Based on progress from assessments (initial, midpoint, and post) assessments, participation in wellness events, and minutes of physical activity.

CELEBRATING

Points accumulated on weekly activity logs and participation. Look what you could get:

- | | |
|-------------------|---|
| Assessment | Lanyard & membership card |
| 300 pts | Retractable tape measure |
| 500 pts | ID Key Ring |
| 700 pts | Hand towel |
| 900 pts | Water Bottle |
| 1100 pts | Pedometer & drawing entry |
| 1300 pts | Manicure Set |
| 1500 pts | Travel Kit & drawing entry |
| 1700 pts | Two additional drawing entries |
| 2000 pts | T-shirt |
| 2500 pts | Sling bag and three more drawing entries |

Drawings may include: Watches, iPods, Body Composition Scales, Cook Books, Wellness Books, Body Bugs

Calendar

New journeys start every month. 2010 registration deadlines and start dates are:

<u>Deadline</u>	<u>Start Date</u>
Jan. 8, 2010	Jan. 11, 2010
Feb. 12, 2010	Feb. 15, 2010
Mar. 12, 2010	Mar. 15, 2010
Apr. 2, 2010	Apr. 5, 2010
Apr. 30, 2010	May 3, 2010
June 4, 2010	June 7, 2010
July 9, 2010	July 12, 2010
Aug. 13, 2010	Aug. 16, 2010
Sept. 10, 2010	Sept.. 13, 2010
Oct. 15, 2010	Oct. 18, 2010
Nov. 5, 2010	Nov. 8, 2010
Dec. 3, 2010	Dec. 6, 2010

If the monthly session is full before the deadline, your registration will guarantee you a spot in the next available month.

Schedule your journey start whenever you want — you can schedule yours to start in May, even if it's March. Register now to guarantee your space.