

EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

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Personal Training



The Bruce & Graciela Redwine Student Wellness Center continues in collaborating with the Exercise Physiology Department. Personal training services are available to MSU students, faculty, staff, alumni, and community members with memberships to the Redwine Student Wellness Center.

To sign up for a personal training session, please follow the steps outlined below.

- Complete the Personal Trainer Medical Clearance Form.
 - Complete the Personal Training Health and Waiver Form.
 - Bring both forms to the Wellness Center Office between the hours of 8 a.m.-5 p.m., Monday - Friday.
 - Pay the fee for your personal training session(s) at the Wellness Center Office.
 - Get matched up and scheduled to work with your personal trainer.
- Enjoy your personal training sessions as you work to achieve your personal health and fitness goals.

Worksite Wellness



Eligible employees can participate in the Worksite Wellness Program to foster the adoption of a wellness culture in order to promote the benefits of improved health, reduced medical expenses, heightened personal performance, reduced absenteeism, and improve employee satisfaction.

Employees can workout for 30-minutes of , three times per week, during normal working hours. Employees who receive their physical examination can also receive eight hours of additional leave during a 12 month period.

Visit the [Wellness Center website](#) to access all documents.

If you have any questions, please contact Angie Reay at angie.reay@msutexas.edu or 940-397-4466.

Unified Sports Kickball-Save the Date (March 26)



The Recreational Sports and Wellness Center, along with multiple students, staff, and faculty, are collaborating with our local Special Olympics to bring back Unified Sports.

We will host a kickball tournament on Saturday, March 26. We encourage all to come out and support! If you would like to play, please [register here](#).

Healthy You



In a time where we are always on the move, we need to make sure we are taking care of our health.

- Participate in regular physical activity.
- Eat a balanced meal.
- Drink plenty of water.
- Utilize your health benefits, such as online counseling.

If you have any questions, please contact Angie Reay at angie.reay@msutexas.edu or 940-397-4466.