

EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

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March 2022 Newsletter



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.

Recreational Sports



Eligible students, faculty, and staff can participate in our Recreational Sports program.

Visit the [Recreational Sports](#) page for more information.

If you have any questions, please contact Cody Ford at cody.ford@msutexas.edu or 940-397-4466.

Unified Sports Kickball– 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](#).

Save the Date 5Kolor Run– April 6



The Wellness Center Annual 5Kolor Run is back this year!

Registration: 5:00 pm

5K– Walk/Run: 5:30 pm at Dr. Suzanne Shipley Trial (Sikes Lake)

Open registration (with item from donation list)

We are collaborating with the Title IX Office to provide monetary donations for First Step. The money will go for hygiene products, school supplies, clothing, and other essential needs for those utilizing First Step services.

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