

EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 1, ISSUE 3

November 2017 Newsletter



Personal Training



The Bruce & Graciela Redwine Student Wellness Center is pleased to announce a new service in collaboration with the Exercise Physiology Department. **Personal training services are now available to MSU students, faculty, staff, alumni, and community members with memberships to the Redwine Student Wellness Center.**

The trainers are certified by American Society of Exercise Physiologists (ASEP), American College of Sports Medicine (ACSM) and National Strength and Conditioning Association (NSCA). You can find all of the relevant information and forms at www.mwsu.edu/student-life/wellness-center/personal-trainer.

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.

If you have any questions, please contact Angie Reay at 940-397-4206 or email angie.reay@mwsu.edu.

Healthy Tips

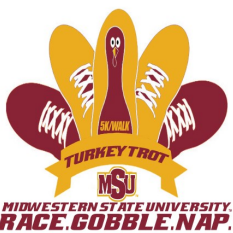


Be Healthy!
Eat well, Live well.

This time of year can be stressful. We are over half way through the fall semester, holidays are approaching, and before we know it, the semester will be over. Follow these four tips to keep healthy this time of year.

- **Eat Healthy**– Eat a nutritious breakfast (fresh fruit, eggs, high-fiber cereal, etc), lunch, and dinner. The better the meal, the better you'll feel. Snack on carrots & hummus, trail mix, cheese sticks and other snacks with protein to keep you full longer.
- **Take time to breathe and relax**– Take a moment and make sure you are breathing deeply. Oxygen flowing to your muscles will keep them from tensing. Relax with a quick stretch over your entire body.
- **Exercise**–You might think you do not have time, think again! Exercise helps you focus, gives you energy, and releases endorphins to make you feel better. Use breaks to walk and move around. Do not forget to use your 30 minutes of wellness time.
- **Get Plenty of Rest**– Research shows that consistently getting 7-8 hours of sleep per night is beneficial. Any more or less can increase your risk for serious conditions like diabetes, and heart disease. Getting enough quality sleep is a key to a healthy lifestyle.

Turkey Trot & Fantasy of Lights 5K



Turkey Trot: Join us November 16 at 4:00pm for the annual Turkey Trot at Sikes Lake Trail. The first 100 (students, faculty, and staff) receive a shirt. The registration fee for the race is one canned food item. For more information, please contact Angie Reay at (940) 397-4206.

MSU-Burns Fantasy of Lights 5K & 1-Mile Fun Run: Join us on December 2 at 9:00am at the Pavilion at the WMFA (Sikes Lake). The first who register will receive a commemorative ornament. The registration fee is \$25 (\$15 for students) for the 5K and \$15 for the 1 mile. For more information, please contact Dirk Welch at (940) 397-4972 or visit <https://fol.mwsu.edu/5k-run.php>.