

EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 1, ISSUE 2

October 2017 Newsletter



Personal Training



Brown Bag Speaker Series



Flu Shot Information



Employee Health Committee

Personal Training



The Bruce & Graciela Redwine Student Wellness Center is pleased to announce a new service in collaboration with the Exercise Physiology Department. **Starting this semester, 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.

Brown Bag Lunch Series



The Employee Health Committee is pleased to have speakers present to the faculty and staff community this fall. Please join us from noon-1 p.m. Oct. 11 & 25. Bring your lunch and enjoy the speakers.

October 11-Wellness Center Meagan Moore-Physical Therapist
North Texas Rehab-Nutrition, Exercise, & Back Issues

October 25- CSC Cheyenne Vicki Boyle-Nutritionist United
Regional Health Care System-Stress and Mindful Eating

Vinson Health Center-Flu Vaccine Clinic



The Vinson Health Center will offer flu vaccines soon. Visit <https://mwsu.edu/healthcenter> for more information.

- Free to all MSU students
- Students, faculty, staff, and alumni must have a valid Mustangs ID card.
- Free Influenza vaccine for faculty & staff accompanying 10 or more students.
- \$20 for faculty, staff, alumni, retirees, and spouses. (Cash or Check only)
- NO WALK INS

Call 940-397-4231 to schedule an appointment.

Appointments Available

Wednesday, October 18 (2-4 p.m.)

Monday, October 23 (2-4 p.m.)

Tuesday, October 31 (8-10:30 a.m.)

Thursday, November 9 (8-10:30 a.m. & 2-4 p.m.)

Employee Health Committee



The purpose of Employee Health and Fitness Committee is to plan and organize health and fitness programs for faculty and staff. The committee has three faculty and three staff members. If you ever need anything or have suggestions for the committee, please feel free to reach out to any member: Angie Reay-Chair, Soon-Mi Choi, Tiffany Kosse, Jody Elgin, Erica Judie, Karen Collins, and Jessyca Wagner.