

EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

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January 2018 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.

Holiday Trimmings



Did you indulge a little too much over the holidays? Our Holiday Trimmings program is a weight loss competition for all students, faculty, and staff. We are here to help you achieve overall health and want to give you the tools to succeed

- **Weigh In**– Our weigh-ins are happening now. Come by the Wellness Center to weigh in and take our pre-survey Monday-Friday 8a-Noon.
- **Workout Program**– Not sure where to start? We have beginner workout programs and can help show you around the gym to get you started.
- **Weekly Winners**–Our final weigh-in is March 8 & 9. You can weigh in each week to be eligible for our weekly winner. Stop by the Wellness Center to weigh-in each week.

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

Blue Cross Blue Shield Presentations-Save the Date



Save the date to learn more about the Employee Wellness Program and what your Blue Cross Blue Shield insurance can do for you. We will have representatives from Blue Cross Blue Shield to teach you about health and wellness incentives and Blue Access for Members. There is a lot that is offered to help you get to your goals and stay healthy.

Wednesday-February 21 at 10:00am and 2:00pm in Dillard 189.



With cold and flu season in full swing, please take the steps needed to fight off being sick. Take steps to take care of yourself this season.

- Eat a healthy, balanced diet. Getting proper nutrition will help you fight off getting sick. Blueberries, yogurt, sweet potatoes, salmon are some good food to incorporate into your routine.
- Stay hydrated. Make sure you are getting at least 64 ounces of water a day.
- Wash your hands! Every time you shake someone's hand, wash.
- Get plenty of rest. Most only get around 6 hours of sleep a night. Aim for 7-8 hours of sleep a night. Sleep has so many benefits, but can especially help during cold and flu season.
- If you are sick, stay home! If you know you're sick, please try to stay home so others do not get sick. This will help the flu or cold from spreading around campus.

<http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/hcp/cycphceng.pdf>