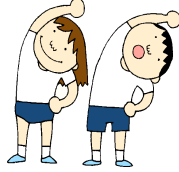


# EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

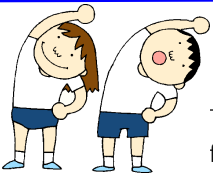
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## September 2019 Newsletter



### Celebrating 10 Years!

The Bruce and Graciela Redwine Student Wellness Center offers so much! We are so thankful for a beautiful facility. Come to our Fall Kick Off September 13 from 3-7pm. We have a lot of programs that students, faculty, and staff and can enjoy! (See attached schedule for more information.)



### Worksite Wellness Program

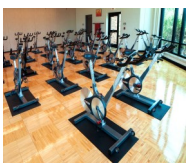
The [Redwine Student Wellness Center](#) provides an opportunity for our full-time employees to participate in the Worksite Wellness program. Employees have the opportunity to workout three times a week for thirty (30) minutes. (paperwork can be found at our [website](#)). Employees also have the opportunity to earn eight (8) hours of additional leave. You simply need to complete the worksite wellness leave form and provide a doctor's note that you have received your physical examination within the last ninety (90) days.



### Improving Your Health at Work

Taking care of yourself during a busy schedule is important. Taking steps to improve your health is important. Snack health with fruits, nuts, and veggies. Drink plenty of water during the day. Take part in our worksite wellness program. Take breaks from your computer and desk. Try not to put too much strain on your eyes.

Learning how to improve your overall health is important. Make sure to talk to your doctor about any concerns you might have.



### Wellness Center Group Fitness/Personal Training/ Memberships

The Redwine Student Wellness Center offers a variety of [group fitness classes](#). MSU full-time faculty and staff receive a free membership to the facility, which includes our group fitness class. Our certified instructors are trained to help you achieve your goals. Come try a class!

We also offer [Personal Training](#), at an additional cost. We have certified Kinesiology students here to help you with an individualized plan.

We have a variety of membership option available. Our Alumni Association membership is now available to anyone! Check our [membership page](#) for information.

We hope that everyone has a great semester!  
Employee Health and Fitness Committee

Please contact Angie Reay, [angie.reay@msutexas.edu](mailto:angie.reay@msutexas.edu) for any questions.