




# UK Health & Wellness 2009 Fall Calendar

116A Seaton Center • Lexington, KY 40506-0219  
(859) 257-WELL (9355) • [www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness)

Your Healthy To-Do List	September	October	November	December
<ul style="list-style-type: none"> <li>• Get a workout partner! Partners hold each other accountable and do wonders for making exercise a habit. Even if you don't have a workout partner, have someone call or e-mail to check on your progress.</li> <li>• Make healthy eating a habit! Buy plenty of fruits and vegetables and wash and cut them before storing. That way healthy food is easy to access.</li> <li>• Make healthy choices at the grocery store! Bypass the front of the package and go right to the ingredient list. Pay close attention to the first few ingredients.</li> <li>• Set goals that stick! Try not to make too many changes at once. Did you know you can set and track goals on Your Healthtrac Rewards Home Page? Try it today! Under "Health Tools" click "Goals."</li> <li>• Take advantage of all that UK Health &amp; Wellness has to offer! Get a free nutrition consult. Join the Body Shop. Read the monthly newsletter. Get a free health screening. And so much more! For more information, visit <a href="http://www.uky.edu/hr/wellness">www.uky.edu/hr/wellness</a>.</li> </ul>	<p><b>September</b></p> <p>Free bus rides to the Farmers Market during lunch each Thursday in September. More information at <a href="http://www.uky.edu/HR/wellness/farmersmarket.html">www.uky.edu/HR/wellness/farmersmarket.html</a>.</p> <p><b>September 1</b></p> <p>"Health Smart: Conversations About YOUR Health." Topic: Heart Health, presented by Alison Bailey M.D., Noon-1:00 p.m., Gallery Room, WT Young Library. Register online at <a href="http://www.uky.edu/hr/wellness">www.uky.edu/hr/wellness</a>.</p> <p><b>September 17</b></p> <p>Lunch &amp; Learn: Stay Fit -- Right at Your Desk! 12:10-12:50 p.m., Gallery Room, WT Young Library. Register online at <a href="http://www.uky.edu/HR/wellness/lunchandlearn.html">www.uky.edu/HR/wellness/lunchandlearn.html</a>.</p> <p><b>September 23</b></p> <p>Wellness on Wheels: 8 a.m.-Noon, Mining &amp; Minerals. Make an appointment at <a href="http://www.uky.edu/HR/wellness/healthscreening.html">www.uky.edu/HR/wellness/healthscreening.html</a>.</p> <p><b>September 29</b></p> <p>New Weight Loss Matters classes begin Sept. 29 and Oct. 1. Register online by Sept. 25 at <a href="http://www.uky.edu/HR/wellness/weightlossmatters.html">www.uky.edu/HR/wellness/weightlossmatters.html</a>.</p>	<p><b>October</b></p> <p>"Health Smart: Conversations About YOUR Health" presented by health experts. Topic: Women's Health, TBD. For more information, visit <a href="http://www.uky.edu/hr/wellness">www.uky.edu/hr/wellness</a>.</p> <p><b>October 6</b></p> <p>Wellness on Wheels: 8 a.m.-Noon, 501B College of Nursing. (Session full.)</p> <p><b>October 7</b></p> <p>Start! 10-week physical activity challenge begins and runs through December 18. Register by October 30 online at <a href="http://www.uky.edu/HR/wellness/ukstart.html">www.uky.edu/HR/wellness/ukstart.html</a>.</p> <p><b>October 14</b></p> <p>Therapeutic Chair Massage: 9 a.m.-1 p.m., Lexmark Room, Main Bldg. Call (859) 257-9355 to make an appointment.</p> <p><b>October 15</b></p> <p>Lunch &amp; Learn: Nutrition Mythbusters! 12:10-12:50 p.m., Gallery Room, WT Young Library. Register online at <a href="http://www.uky.edu/HR/wellness/lunchandlearn.html">www.uky.edu/HR/wellness/lunchandlearn.html</a>.</p> <p><b>October 28</b></p> <p>Cooking Class - Extreme Makeover: Holiday Recipe Edition, 5:15-7:00 p.m., 202 Erikson Hall. Register online at <a href="http://www.uky.edu/HR/wellness/CookingClass.html">www.uky.edu/HR/wellness/CookingClass.html</a>.</p>	<p><b>November</b></p> <p>"Health Smart: Conversations About YOUR Health" presented by health experts. Topic: Cold and Flu, TBD. For more information, visit <a href="http://www.uky.edu/hr/wellness">www.uky.edu/hr/wellness</a>.</p> <p><b>November 3 &amp; 5</b></p> <p>New Weight Loss Matters classes begin Nov. 3 &amp; 5. Register online by October 30 at <a href="http://www.uky.edu/HR/wellness/weightlossmatters.html">www.uky.edu/HR/wellness/weightlossmatters.html</a>.</p> <p><b>November 5</b></p> <p>Wellness on Wheels: 8 a.m.-Noon, 236 Peterson Service Bldg. Make an appointment at <a href="http://www.uky.edu/HR/wellness/healthscreening.html">www.uky.edu/HR/wellness/healthscreening.html</a>.</p> <p><b>November 10</b></p> <p>Lunch &amp; Learn: 'Tis the Season to De-Stress! 12:10-12:50 p.m., Gallery Room, WT Young Library. Register online at <a href="http://www.uky.edu/HR/wellness/lunchandlearn.html">www.uky.edu/HR/wellness/lunchandlearn.html</a>.</p> <p><b>November 18</b></p> <p>Wellness on Wheels: 8 a.m.-Noon, 3470 Blazer Pkwy. Make an appointment at <a href="http://www.uky.edu/HR/wellness/healthscreening.html">www.uky.edu/HR/wellness/healthscreening.html</a>.</p>	<p><b>December TBD</b></p> <p>"Health Smart: Conversations About YOUR Health" presented by health experts. For more information, visit <a href="http://www.uky.edu/hr/wellness">www.uky.edu/hr/wellness</a>.</p> <p><b>December 2</b></p> <p>Wellness on Wheels: 8 a.m.-Noon, Room M-134, College of Dentistry. Make an appointment at <a href="http://www.uky.edu/HR/wellness/healthscreening.html">www.uky.edu/HR/wellness/healthscreening.html</a>.</p> <p><b>December 7</b></p> <p>Therapeutic Chair Massage: 9 a.m.-1 p.m., 3470 Blazer Pkwy. Call (859) 257-9355 to make an appointment.</p> <div data-bbox="1594 1240 1953 1917" style="border: 1px solid black; padding: 10px; text-align: center;">  <p>The UK Health &amp; Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.</p> <p>For information on UK Health &amp; Wellness programs and for calendar updates visit: <a href="http://www.uky.edu/HR/wellness">www.uky.edu/HR/wellness</a>.</p> </div>
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Body Shop Fitness*</b></p> <p><b>Cardio Step</b> 12:10-12:50 p.m., 132 Seaton</p> <p><b>Toning &amp; Sculpting</b> 12:10-12:50 p.m., Barker Hall</p> <p><b>Deep Water Works</b> 5:30-6:15 p.m., Lancaster Aquatic</p> <p><b>Cardio Kickboxing</b> 5:30-6:15 p.m., Barker Hall</p> <p><b>Yoga A</b> 5:15-6:30 p.m., 357 Student Ctr</p> <p><i>*This is a SAMPLE 8-week Group Fitness schedule. See the current schedule and register online at <a href="http://www.uky.edu/HR/wellness/fitnessclass.html">www.uky.edu/HR/wellness/fitnessclass.html</a> Only Body Shop members may enroll in Group Fitness Classes.</i></p>	<p><b>Weight Loss Matters</b> 12:00-1:00 p.m., 102 Mining &amp; Minerals Bldg. 5:15-6:15 p.m., 502A College of Nursing</p> <p><b>Body Shop Fitness</b></p> <p><b>Health &amp; Happiness</b> 12:10-12:50 p.m., 130 Seaton</p> <p><b>Basic Yoga</b> 12:10-12:50 p.m., Barker Hall</p> <p><b>AquaJog</b> 12:15-12:45 p.m., Lancaster Aquatic</p> <p><b>Body Bootcamp</b> 5:30-6:30 p.m., 130 Seaton</p>	<p><b>Body Shop Fitness</b></p> <p><b>AM Sampler</b> 6:30-7:15 a.m., 130 Seaton</p> <p><b>Cardio Step</b> 12:10-12:50 p.m., 132 Seaton</p> <p><b>Toning &amp; Sculpting</b> 12:10-12:50 p.m., Barker Hall</p> <p><b>Yogilates</b> 12:10-12:50 p.m., 207 Seaton</p> <p><b>Deep Water Works</b> 5:30-6:15 p.m., Lancaster Aquatic</p> <p><b>Cardio Kickboxing</b> 5:30-6:15 p.m., Barker Hall</p> <p><b>Yoga B</b> 5:15-6:30 p.m., 207 Seaton</p>	<p><b>Weight Loss Matters</b> 11 a.m.-Noon, 403 Wethington</p> <p><b>Body Shop Fitness</b></p> <p><b>Health &amp; Happiness</b> 12:10-12:50 p.m., 130 Seaton</p> <p><b>Basic Yoga</b> 12:10-12:50 p.m., Barker Hall</p> <p><b>AquaJog</b> 12:15-12:45 p.m., Lancaster Aquatic</p> <p><b>Body Bootcamp</b> 5:30-6:30 p.m., 130 Seaton</p> <p><b>Tai Chi</b> 5:15-6:15 p.m., 411 Wethington (or hospital courtyard)</p> <p><b>Meditation</b> 5:15-6:30 p.m., 207 Seaton</p>	<p><b>Body Shop Fitness</b></p> <p><b>AM Sampler</b> 6:30-7:15 a.m., 130 Seaton</p> <p><b>Cardio Step</b> 12:10-12:50 p.m., 132 Seaton</p> <p><b>Toning &amp; Sculpting</b> 12:10-12:50 p.m., Barker Hall</p> <p><b>Yogilates</b> 12:10-12:50 p.m., 207 Seaton</p> <div data-bbox="1604 2623 1943 3039" style="border: 1px solid black; padding: 10px;"> <p>Did you know membership in Body Shop Fitness is only \$7 a month? Sign up today.</p> <p>Two gym locations: •Seaton Center Gym •Alumni Gym</p> </div>