








UK Health & Wellness 2010 Fall Calendar

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

Healthy Reminders	September	October	November	December
 <p><i>Think a personal health coach is only for the rich & famous? Try BeH.I.P. to stop smoking, lose weight, and more. It's FREE.</i></p>	<p>Sept. 2 & 9 Free bus rides to the Farmers Market during lunch Thursday, Sept. 2 & 9. Visit www.uky.edu/HR/wellness/farmersmarket.html.</p> <p>Sept. 16 Lunch & Learn, 12:10-12:50 p.m., Gallery Room, W.T. Young Library. Free. Register online at www.uky.edu/HR/wellness/lunchandlearn.html.</p> <p>Sept. 23 Wellness on Wheels, 8 a.m.- Noon, 102 Mining & Minerals. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html.</p> <p>Sept. 28, 29 & 30 Weight Loss Matters: New sessions begin. Cost \$50. Register online by Sept. 24 at www.uky.edu/HR/wellness/weightlossmatters.html.</p> <p>Sept. TBD Health Smart: Conversations About YOUR Health, presented by UK health experts. TBD. Free. Visit www.uky.edu/hr/wellness/healthsmart.html.</p>	<p>Oct. 6 Start! Kickoff Tent, from 10-2, sidewalk b/t W.T. Young Library and Rose St. The 10-week physical activity challenge runs Oct. 6 - Dec. 17. Free. Register online by Oct. 11 at www.uky.edu/HR/wellness/ukstart.html.</p> <p>Oct. 11 Chair Massage, 9 a.m.-1 p.m., 102 Mining & Minerals. Cost: \$5 for 10 minutes and \$10 for 20 minutes. No refunds. Call (859) 257-9355 to make an appointment, beginning one month in advance.</p> <p>Oct. 12 Wellness on Wheels, 8 a.m.-Noon, 234 Bio Pharm Bldg. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html.</p> <p>Oct. 14 Lunch & Learn, 12:10-12:50 p.m., Gallery Room, W.T. Young Library. Free. Register online at www.uky.edu/HR/wellness/lunchandlearn.html.</p> <p>Oct. 20 Cooking Class, 5:15-7:00 p.m., 201 Erikson Hall. Cost \$10. Register online at www.uky.edu/HR/wellness/cookingclass.html.</p> <p>Oct. 26 Wellness on Wheels: 8 a.m.-Noon, Livestock and Disease (1490 Bull Lea Rd.) Conference Room. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html.</p> <p>Oct. TBD Health Smart: Conversations About YOUR Health, presented by UK health experts. TBD. Free. Visit www.uky.edu/hr/wellness/healthsmart.html.</p>	<p>Nov. 2, 3 & 4 Weight Loss Matters: New sessions begin. Cost \$50. Register online by Oct. 29 at www.uky.edu/HR/wellness/weightlossmatters.html.</p> <p>Nov. 4 Wellness on Wheels, 8 a.m.- Noon, Good Samaritan Hospital, Cafeteria Conference Room. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html.</p> <p>Nov. 11 Lunch & Learn, 12:10-12:50 p.m., Gallery Room, W.T. Young Library. Free. Register online at www.uky.edu/HR/wellness/lunchandlearn.html.</p> <p>Nov. TBD Wellness on Wheels, 8 a.m.- Noon, TBD. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html.</p> <p>Nov. TBD Health Smart: Conversations About YOUR Health, presented by UK health experts. TBD. Free. Visit www.uky.edu/hr/wellness/healthsmart.html.</p>	<p>Dec. 1 Chair Massage, 9 a.m.-1 p.m., University Health Services lobby. Cost: \$5 for 10 minutes and \$10 for 20 minutes. No refunds. Call (859) 257-9355 to make an appointment, beginning one month in advance.</p> <p>Dec. TBD Wellness on Wheels, 8 a.m.-Noon, TBD. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html.</p> <p>Dec. TBD Health Smart: Conversations About YOUR Health, presented by UK health experts. TBD. Free. Visit www.uky.edu/hr/wellness/healthsmart.html.</p>
 <p><i>Want help meeting your nutritional goals? Schedule a private nutrition consultation with our dietitian. It's FREE.</i></p>				
 <p><i>Tired of trying to lose weight on your own? Get group support and the expertise of our registered dietitians in our 10-week Weight Loss Matters Classes. Cost is only \$50.</i></p>				
 <p><i>Need to improve your health so you can be there for your loved ones? UK Healthtrac Rewards can help. And you may earn up to \$180 per fiscal year for participating!</i></p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Remember: Complete your Healthtrac Health Assessment by Sept. 30 to earn your reward!</p> </div>			 <p>The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses, and sponsored dependents. Many of our programs and services are FREE, and the rest are offered at minimal charge.</p> <p>For information on UK Health & Wellness programs and for calendar updates, visit: www.uky.edu/HR/wellness.</p>

YOU can improve your health AND earn money with UK Healthtrac Rewards!

Whatever your reasons for improving (or maintaining) your health — UK Healthtrac Rewards can help. Healthtrac is an easy-to-use, confidential, online health improvement program. It gives you an overview of your health status and a customized action plan, plus access to reliable health resources. Any UK employee, retiree, spouse, or sponsored dependent enrolled in a UK health plan is eligible to participate. In addition to the potential health benefits, **you may earn up to \$180 per fiscal year for participating. Register today and be sure to take the Health Assessment by Sept. 30, 2010.** It takes only about 20 minutes, and the health benefits could last a lifetime!

For details, visit www.uky.edu/HR/wellness/healthtracrewards.html.

Did you know membership in Body Shop Fitness is only **\$7 a month**? Membership includes FREE Group Fitness Classes and access to two campus gym locations: Seaton Center Gym and Alumni Gym. What are you waiting for? Sign up today!

Below is the Group Fitness Schedule, which begins Aug. 30 and ends Oct. 22. The schedule is subject to change. You must be a Body Shop member to enroll in a Group Fitness Class. See the current schedule online at: www.uky.edu/HR/wellness/fitnessclass.html

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><u>Body Shop Fitness</u> Balletone 12:10-12:50 p.m. 132 Seaton Ctr.</p> <p>Toning & Sculpting 12:10-12:50 p.m. Barker Hall Dance Studio</p> <p>Deep Water Works 5:30-6:15 p.m. Lancaster Aquatic Ctr.</p> <p>Zumba 5:30-6:15 p.m. 132 Seaton Ctr.</p> <p>Deep Water Works 5:30-6:15 p.m. Lancaster Aquatic Ctr.</p> <p>Yoga A 5:15-6:30 p.m. 207 Seaton Ctr.</p>	<p><u>Weight Loss Matters</u> 12:00-1:00 p.m. 102 Mining & Minerals Bldg.</p> <p>5:15-6:15 p.m. 511 College of Nursing</p> <p><u>Body Shop Fitness</u></p> <p><u>Health & Happiness</u> 12:10-12:50 p.m. 130 Seaton Ctr.</p> <p><u>Basic Yoga</u> 11:40 a.m. -12:20 p.m. Barker Hall Dance Studio</p> <p><u>AquaJog</u> 12:15-12:45 p.m. Lancaster Aquatic Ctr.</p> <p><u>Body Bootcamp</u> 5:30-6:30 p.m. 130 Seaton Ctr.</p> <p><u>Tai Chi</u> 5:15-6:15 p.m. 502A College of Nursing</p>	<p><u>Body Shop Fitness</u> Balletone 12:10-12:50 p.m. 132 Seaton Ctr.</p> <p>Toning & Sculpting 12:10-12:50 p.m. Barker Hall Dance Studio</p> <p>Meditation 12:10-12:50 p.m. TBD</p> <p>Deep Water Works 5:30-6:15 p.m. Lancaster Aquatic Ctr.</p> <p>Zumba 5:30-6:15 p.m. Barker Hall Dance Studio</p>	<p><u>Weight Loss Matters</u> 11 a.m. - Noon 218 Wethington</p> <p><u>Body Shop Fitness</u></p> <p><u>Health & Happiness</u> 12:10-12:50 p.m. 130 Seaton Ctr.</p> <p><u>Basic Yoga</u> 11:40 a.m. - 12:20 p.m. Barker Hall Dance Studio</p> <p><u>AquaJog</u> 12:15-12:45 p.m. Lancaster Aquatic Ctr.</p> <p><u>Body Bootcamp</u> 5:30-6:30 p.m. 130 Seaton Ctr.</p> <p><u>Tai Chi</u> 5:15-6:15 p.m. 502A College of Nursing</p> <p><u>Yoga B</u> 5:15-6:30 p.m. 207 Seaton Ctr.</p>	<p><u>Body Shop Fitness</u> Balletone 12:10-12:50 p.m. 132 Seaton Ctr.</p> <p>Toning & Sculpting 12:10-12:50 p.m. Barker Hall Dance Studio</p> <p>Saturdays: Yoga, 9-10:30 a.m. Barker Hall Dance Studio</p> <div data-bbox="1594 817 1951 1401" style="border: 1px solid black; padding: 5px;"> <p align="center">Gym Hours (Subject to change.)</p> <p><u>Alumni Gym</u> Monday through Thursday • 6-8:30 a.m. • 11 a.m.-2 p.m. • 3-8 p.m.</p> <p>Friday • 6-8:30 a.m. • 11 a.m.-2 p.m. • 3-7 p.m.</p> <p>Saturday • 9 a.m. to noon</p> <p><u>Seaton Gym</u> Monday through Friday • 12-1:00 p.m. • 4-7 p.m.</p> </div>
				



**UK Human Resources
Health & Wellness Program
116A Seaton Center
Lexington, KY 40506-0219**