

September 2008

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

Need motivation? Join the Presidential Fitness Challenge



“There is nothing like a challenge to get me motivated!” Sound familiar? Take part in the Presidential Fitness Challenge! Make your workout count for a little friendly competition between Seaton Body Shop, Alumni Body Shop, and the Group Fitness classes.

Sign up by September 22 as a “delegate” from your “precinct” (Alumni, Seaton, or Group Fitness) to be counted. Then, on Super Tuesday (Sept. 30) make sure

to visit the Body Shop/Group class for your workout that day to be included. This will be a warm-up for the primaries. Next, make your presence count on Oct. 21 for the Primaries. The precinct with the most users that day will get 10 extra points the day of the election. Election Day is Oct. 28—make sure to go to the gym or class to make your workout count! Prizes will be awarded to those registered in the precinct with the most visits on Election Day.

For the registration form, visit <http://www.uky.edu/HR/wellness/bodyshop.html>. Return to 116A Seaton Center, fax to 323-4700, or email to carrie.davidson@uky.edu by September 22.

Meet September’s Membership Specialist



Michael Dalessio, CPT

New to the Body Shop? Have questions? Michael is a Graduate Assistant for Health & Wellness who is here to help you. Feel free to ask him questions, offer suggestions, or set up a time to get oriented to the Body Shop facilities. You can find him in both facilities or you can reach him at healthandwellness@uky.edu. You can also read his -- and other staff profiles -- at <http://www.uky.edu/HR/wellness/profiles.html>.



Calendar

Wildcats on the Move Challenge

Wildcats on the Move is a 10-week program that allows you to set your activity goals, then choose how to achieve them. Wildcats on the Move runs from Sept. 14 through Nov. 22, 2008. The cost is just \$5, and all UK employees, retirees, spouses, and sponsored dependents are welcome to participate. Register online or by paper by Sept. 8. For more information, visit www.uky.edu/HR/wellness/WildcatsOntheMove.html.

Bike Ed Commuting Class

Considering riding your bike to work? Learn how to bike safely with Michael Galbraith, League Cycling Instructor. The Bike Ed Commuting Class demonstrates basic, on-road riding skills and strategies for route and gear selection. Class size is limited! To see class dates and register, visit the Web site at <http://www.uky.edu/HR/wellness/bikeclass.html>.

Good Health on a Budget: Fall Lunch & Learn Series

Please join us for lunch-time sessions geared toward keeping you healthy and well at work and at home. Each session is free and will cover a different topic. Light refreshments will be provided, but feel free to bring your lunch. All sessions are held from 12:10-12:50 p.m., in the Lexmark Room, Main Building. To register, visit the Web site at www.uky.edu/HR/wellness/lunchandlearn.html.

Throw Down Wellness Style: A Cooking Competition

“Throw Down Wellness Style” is a cooking competition in which contestants compete for the silver ladle by submitting and preparing the winning recipe as judged by UK celebrity judges. The competition and tasting will be held Wednesday, October 1, from 5:15-6:30 p.m., at 202 Erikson Hall. To register as either a competitor or taster, visit the Web site at www.uky.edu/HR/wellness/cookingclass.html.

Body Shop Fall Hours

Sept. 2 to Dec. 19, 2008

Alumni Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
6-8:30 am	6-8:30 am	6-8:30 am	6-8:30 am	6-8:30 am	9 am-Noon
11 am-2 pm	11 am-2 pm	11 am-2 pm	11 am-2 pm	11 am-2 pm	
3-8 pm	3-8 pm	3-8 pm	3-8 pm	3-7 pm	

Seaton Gym

Monday	Tuesday	Wednesday	Thursday	Friday
Noon- 1:00 pm	12:15-1:00 pm	Noon- 1:00 pm	12:15-1:00 pm	Noon- 1:00 pm
4-7 pm	4-7 pm	4-7 pm	4-7 pm	4-7 pm

Find up-to-date gym hours and closings online at www.uky.edu/HR/wellness/gymhours.html