

July 2009

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

Take your workout outside!



There's no better time to enjoy the great outdoors than while it's warm! There's no better way to change up your workout than taking it outside! Whatever your favorite mode of exercise, moving to out of doors can be just what you need to get over that mid-summer slump.

Running/Walking - Choose a path that takes you by native Kentucky plants, trees, and flowers. Try the arboretum or one of Lexington's many parks. Make sure to run in the cool part of the day (morning or evening) and drink plenty of water. Sunscreen is a must for outdoor exercise, preferably a sport sun block that won't come off when you sweat. Also, be sure to wear breathable clothing to let out the heat. You might even consider a hat or visor to shield your face from those warm rays.

Swimming - The quintessential summertime activity! If have been swimming laps in an indoor pool — break out and hop in the outdoor pool or lake. Kentucky has many swimming locations to choose from (including lakes, clubs, and public pools) or try a friend's backyard pool. Again, be sure to wear sunscreen and reapply, if you are out for more than an hour.

Yoga - There is no better way to connect to the earth than with an outdoor yoga session. Whether you are taking a class or practicing on your own, all you need is your mat and a fairly level surface. There is no need for music, as you can enjoy the sounds of nature! In addition to sunscreen, be sure to drink plenty of fluids and watch for sticks or stones that may be under your mat. You may reach a whole new level of mind/body connection, just by changing your location.

Cycling - Have you been cycling indoors while looking at the same magazines or watching the same people in the gym? Get out on two wheels and check out the scenery of the Bluegrass. There are several routes both on and off campus to bike, or check out the arboretum. Employees can even use Departmental Blue Bikes for a semester by contacting the Wildcat Wheels department at <http://www.uky.edu/HR/wellness/wildcatwheels.html>. Make sure to wear a helmet and obey the rules of the road.

Helpful links:

<http://parks.ky.gov/>

<http://www.kylakes.com/>

<http://www.kyrailtrail.org/>

— *Carrie Davidson, ACSM HFI, Wellness Coordinator*

Calendar

UK Healthtrac Rewards Refresher

Beginning July 15, a new version of the UK Healthtrac Rewards program will be available. Get to know the updated program by attending a “refresher course” and learn step-by-step instructions for earning your full reward of \$180 per fiscal year. Light refreshments and giveaways provided.

Refresher Schedule:

- July 8, Noon – 1 p.m., Student Center Room 206
- July 14, Noon – 1 p.m., Wethington Bldg Room 127
- July 20, Noon – 1 p.m., W.T. Young Library Gallery Room
- July 29, 7:30 – 8:30 a.m., Hospital Auditorium HG611

Lose weight the realistic way: Weight Loss Matters

Weight Loss Matters is a 10-week program that allows you to set your own realistic weight loss goals and work toward achieving them with the help of registered dietitians. New classes begin Tuesday, July 21 or Thursday, July 23. Registration deadline is July 17. To register online, visit <http://www.uky.edu/HR/wellness/weightlossmatters.html>.

Grocery Store Tour: The Truth behind the Label

Learn how to outsmart common food marketing gimmicks. Join us July 23, 5:30-6:30 p.m., Chinoe Rd. Kroger. Space is limited! To register online, visit <http://www.uky.edu/HR/wellness/CookingClass.html>.

WOW Fall Schedule

Wellness On Wheels (WOW) is a FREE mobile health screening. Ten-minute appointments consist of tests for cholesterol (fasting optional), glucose and triglycerides, height, weight, blood pressure, body fat percentage, and waist circumference. To make an appointment, visit <http://www.uky.edu/HR/wellness/healthscreening.html>.

Farmers Market Bus Rides

UK Health & Wellness is going to the Farmers Market during lunch each Thursday in July, August, and September, and we want you to come along. The bus ride is free, and you can't beat the market for the freshest fruits and veggies in town. For more information, visit <http://www.uky.edu/HR/wellness/farmersmarket.html>.

July is the month of 100 Challenges.

Complete all 100 Challenges in the month of July and win a prize! Complete only 75 and you still win a prize! All Challenge exercises must be witnessed by a Body Shop staff member or Group Fitness Instructor. All other activities on the honor system. You may complete more than one item in a day. You can do it! Remember to turn in your completed checklist by August 5!



Attention Seaton locker users:

If your items were cleaned out of the locker, you have until July 15 to pick them up from 116A Seaton Center.