



UK Health & Wellness 2012 Winter/Spring Calendar

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

Healthy Reminders



Get your own personal health coach! Try BeH.I.P. to lose weight, manage stress, and more. It's FREE.



Want help meeting your nutritional or exercise goals? Schedule a FREE private consultation with our registered dietitian or fitness specialist.



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.



LIVE WELL this year with a UK Healthtrac Rewards membership! You can earn up to \$180 per year for participating!



February

Feb. 7

Wellness on Wheels (free mobile health screening), 8 a.m.-Noon, H133 Chandler Hospital. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html

Feb. 9

Health Smart: Conversations About YOUR Health. "The Keys to Your Healthy Heart," presented by Dr. Allison Bailey, 12:10-12:50, Chandler Hospital, Pavillion A, A.00.123, Ground Floor. Free. Register at www.uky.edu/HR/wellness/healthsmart.html

Feb. 11

Heart, Sole & Glove 5K Run/Walk 10 a.m., Coldstream Park. \$15 pre-registration or \$20 race day. Register at www.uky.edu/HR/wellness/5k.html

Feb. 14, 15 & 16

Weight Loss Matters: New sessions begin. Cost \$50. Register by Feb. 8 at www.uky.edu/HR/wellness/weightlossmatters.html

Feb. 23

Lunch & Learn, "Get Your Plate in Shape," 12:10-12:50 p.m., Gallery Room, W.T. Young Library. Free. Register online at www.uky.edu/HR/wellness/lunchandlearn.html

Feb. 27

Wellness on Wheels (free mobile health screening), 8 a.m.-Noon, 234 Bio-Pharm Bldg. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html

Feb. 29

"Nia" Spring 7-Week Specialty Class begins Feb. 29 and ends April 11, Wednesdays, 5:15-6:15 p.m., 132 Seaton. Cost: \$30. Nia integrates dance, martial arts, and the healing arts to help you gain physical fitness and positive self-expression. Register at www.uky.edu/HR/wellness/bodyshop.html

March

March 1

Health Smart: Conversations About YOUR Health. "Decoding Food Labels," presented by Karen Bryla McNees, Ed.D., R.D., 12:10-12:50 p.m., Gallery Room, W.T. Young Library. Free. Register at www.uky.edu/hr/wellness/healthsmart.html

March 1, 7, 16

Grocery Store Tours for National Nutrition Month: March 1, 5:15-6:30 p.m., Kroger on Chinoe Rd., March 7, 5:15-6:30 p.m., Kroger in Beaumont Ctr.; March 16, noon - 1 p.m., Kroger on Chinoe Rd. Free. Register online at www.uky.edu/HR/wellness/cookingclass.html

March 7

Wellness on Wheels (free mobile health screening), 8 a.m.-Noon, 127 Commons, Wethington Bldg. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html

March 20, 21, 22

Weight Loss Matters: New sessions begin. Cost \$50. Register by March 14 at www.uky.edu/HR/wellness/weightlossmatters.html

March 21

Wellness on Wheels (free mobile health screening), 8 a.m.-Noon, Lexmark room, Main Bldg. Free. Make an appointment at www.uky.edu/HR/wellness/healthscreening.html

March 26

Chair Massage, 9 a.m.-1 p.m., 3470 Blazer Pkwy., Room 301. Cost: \$5 for 10 minutes and \$10 for 20 minutes. Call (859) 257-9355 to make an appointment, beginning Feb. 27

March 28

Lunch & Learn, "Get Moving for Better Sleep," 12:10-12:50 p.m., 127 Commons, Wethington Bldg. Free. Register online at www.uky.edu/HR/wellness/lunchandlearn.html

April

April 4

Start! Kickoff Walk, noon, sidewalk b/t W.T. Young Library and Rose St. In event of rain, see website for cancellation. The 10-week physical activity challenge runs April 4 - June 12. Free. Register by April 13 at www.uky.edu/HR/wellness/ukstart.html

April 19

Health Smart: Conversations About YOUR Health, "Mindfulness Practice for Everyday Living," presented by - Federico "Felito" Aldarondo, Ph.D., 12:10-12:50 p.m., 110 Mining & Minerals Bldg. Free. Register at www.uky.edu/hr/wellness/healthsmart.html

April 23

Chair Massage, 9 a.m.-1 p.m., 170 Bio Pharm Bldg. Cost: \$5 for 10 minutes and \$10 for 20 minutes. Call (859) 257-9355 to make an appointment, beginning March 23

April 24, 25 & 26

Weight Loss Matters: New sessions begin. Cost \$50. Register by April 18 at www.uky.edu/HR/wellness/weightlossmatters.html

April 25

Cooking Class, 5:00-7:00 p.m., 202 Erikson Hall. Cost: \$10. Register at www.uky.edu/HR/wellness/cookingclass.html

April 25

Lunch & Learn, "Stressed out? Chew on This!" 12:10-12:50 p.m., 102 Mining & Minerals Bldg. Free. Register online at www.uky.edu/HR/wellness/lunchandlearn.html

May

May 24

Health Smart: Conversations About YOUR Health. "Fitting in Physical Fitness," presented by Carrie Davidson, ACSM HFS, 12:10-12:50 p.m., 127 Commons, Wethington Bldg. Free. Register at www.uky.edu/HR/wellness/healthsmart.html

JUNE 1

Annual Wellness Conference, 8 a.m.-4:30 p.m., Embassy Suites. Free. Register at www.uky.edu/HR/wellness/conference.html



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.

For information on UK Health & Wellness programs and for calendar updates, visit: www.uky.edu/HR/wellness.

LIVE WELL with UK Healthtrac Rewards!

If you are on a UK health plan, you are eligible for a free UK Healthtrac Rewards membership. As a Healthtrac member, you'll have **exclusive access to an online suite of health tools to help you LIVE WELL in the new year.** What's even better? You get **PAID up to \$180** per year just for using Healthtrac!

It's easy to get started: **Visit www.uky.edu/hr/wellness and click the big blue Healthtrac Login button** to create your personalized account. Then complete your brief Health Assessment to earn \$30. Membership is available for a limited time only – act now to maximize your financial reward.

Your *Spring 2012* UK Health & Wellness Calendar!

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 the **recently renovated** Alumni Gym. What are you waiting for? Sign up today!

Below is the Group Fitness Schedule, which began Jan. 3 and ends Feb. 25. 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></p> <p>Cardio Mix 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 5:15-6:00 p.m. Barker Hall Dance Studio</p> <p>Deep Water Works 5:30-6:15 p.m. Lancaster Aquatic Ctr.</p> <p>Yoga A 5:15-6:30 p.m. 357 Student Center</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 Nursing Bldg.</p> <p><u>Body Shop Fitness</u> <u>Basic Yoga</u> 11:40 a.m. -12:20 p.m. Barker Hall Dance Studio</p> <p><u>Flex & Flow</u> 12:10 -12:50 p.m. 132 Seaton Ctr.</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. 409 Wethington Bldg.</p>	<p><u>Weight Loss Matters</u> 12:00-1:00 p.m. Online</p> <p><u>Body Shop Fitness</u> Cardio Mix 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 5:15-6:00 p.m. Barker Hall Dance Studio</p> <p>Yoga B 5:15-6:30 p.m. 207 Seaton Ctr.</p>	<p><u>Weight Loss Matters</u> 11 a.m. - Noon 403 Wethington Bldg</p> <p><u>Body Shop Fitness</u> <u>Basic Yoga</u> 11:40 a.m. - 12:20 p.m. Barker Hall Dance Studio</p> <p><u>Flex & Flow</u> 12:10 -12:50 p.m. 132 Seaton Ctr.</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. 409 Wethington Bldg.</p> <p><u>Meditation</u> 5:00-6:00 p.m. 207 Seaton Ctr.</p>	<p><u>Body Shop Fitness</u></p> <p>Zumba 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>Friday Yoga 12:10-12:50 p.m. 119 Seaton Ctr.</p> <p>Saturdays: Yoga, 9-10:30 a.m. Barker Hall Dance Studio</p> <div 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. • 4-8 p.m. Friday • 6-8:30 a.m. • 11 a.m.-2 p.m. • 4-7 p.m. 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>

