

National Employee Health and Fitness Week

May 13th-17th Schedule of Activities

- Join us to celebrate National Employee Health and Fitness Week!
 - Enter your name into the drawing after each activity to win a free month.
 - Enjoy a healthy snack and pick up a free water bottle.

Meditation Monday

Where: Group Fitness Studio **When:** 5/13 from 10:45 AM – 11:00 AM

Meditation has many benefits like reduce anxiety, increase productivity and awareness. Join Kim for this meditation break to calm the mind and reduce stress. No sign up required!

Stretch Break Tuesday

Where: Group Fitness Studio **When:** 5/14 from 10:45 AM—11 :00 AM & 1:00 PM — 1:15 PM

The Wellness Center will lead 2 sessions of 15-minute stretch breaks. Take this time to increase flexibility, relieve stress and feel recharged for the rest of the day!

A Mile Wednesday

Where: Wellness Center **When:** 5/15 from 6:00 AM—6:00 PM

Walking/running has many benefits from improved aerobic endurance to a healthy heart. Our goal is to accumulate as many miles as we can in one day. Last year we walked/ran 26.5 miles—let's aim to surpass that number this year!

Express Yoga Thursday

Where: Group Fitness Studio **When:** 5/16 from 10:30 AM—11:00 AM

Join Kim for a 30-minute yoga class! It's open to all employees who are looking to get in a quick yoga session.

Fitness Challenge Friday

Where: Wellness Center/**When:** 5/17 6 AM—6 PM

Challenge yourself with the Workout of the Day (WOD)! Complete the WOD as fast as you can and see if you can come on top!