Coming in June

1. Faculty/Staff fitness classes begin

8. Summer Hours begin

10. Health Risk Appraisal

National Employee Health & Fitness Day

Shaping America’s Healthy Future!

National Employee Health and Fitness Day

Wednesday, May 20th

Benefits of regular exercise for employees:
1. Lower stress level
2. Increased wellbeing, self image, self esteem
3. Increased stamina
4. Potential weight reduction

Benefits of regular exercise for employers:
1. Enhanced employee productivity
2. Improved health care costs
3. Decreased rates of illness
4. Reduced employee absenteeism

Join us for a quick 10 minute walk at the following times:
10:15am  LOVE Statue near the Heskett
12:15pm  Grace Memorial Chapel
2:15 pm  The Original Pizza Hut

All participants will receive information on how to include more exercise into your day and the benefits of short bouts of exercise! For more info, contact Shelley at 978-5287.

Brought to you by the Shocker Walkers’ Club and WSU Campus Recreation, and the following:
http://www.physicalfitness.org/nehf.html

Shocker Walkers’ Club gets a blog

www.shockerwalkersclub.blogspot.com

Health Risk Appraisal again in June

Did you miss the 4/22 Health Risk Appraisal? You have another chance to participate on June 10th! Schedule your appointment today! Use the online scheduling tool at http://www.kpha.ks.gov/healthquest/screenings.html.

Wednesday, May 6th
11:30am-1:30pm
FREE blood pressure checks in the lobby.

Fitness challenge ends soon

Congratulations to the 14 students and members who have completed the Ironman! There is still time to complete the Lazyman’s Ironman Challenge which ends on May 19th.

F/S & Alumni Fitness Classes

The second spring session of Faculty/Staff fitness classes ends on May 14th. Summer classes begin on Monday, June 1st.

For more information, call Sally at 978-5286.

Camp is back!

Camp WU Shock is back! This exciting, family-friendly program is designed to keep children ages 5 to 12 involved, active, and safe on their days off from school. Campers will experience a variety of sport activities and games with an emphasis on fun, learning, and participation.

Camp WU Shock dates coincide with USD 259 in-service days. This month the camp will run on May 29th. Camp times are 8am-12pm and/or 1pm-5pm. Lunch will not be provided, however a snack will be provided during each session. For more information please contact Jessica at 978-5289 or email jessica.varlack@wichita.edu. Registration is on-going.