



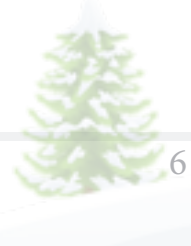



# HEALTHY HABITS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2 Pick Up Your BIB Rewards Card 
3	4	5	6	7	8	9
10	11 Supervisor Series Topic #5 12:30-1:30 p.m. K307	12 Health Bites 12-1 p.m. K307	13	14 Why Wait For Weight Loss? 12-12:30 p.m. Helen Wood Hall	15 Stress-Free Zone 12-1 p.m. College Town Room 3007	16 Take Your Personal Health Assessment 
17 Schedule Your Biometric Screening 	18 Working Parents Support Group 12:30-1:30 p.m. Helen Wood Hall	19 Guided Relaxation 12:15-12:45 p.m. Brooks Landing	20 HOLIDAY FARMERS MARKET 2:30-5:30 p.m. Flaum Atrium	21	22	23
24 	25	26	27 Well-U Fitness Class Registration 9 a.m.	28	29	30 
31 	1	2	3	4	5	6

## HEALTHY HABITS

Take care of yourself today for a healthier tomorrow with these simple healthy habits:

**Move More** - Use the stairs, take a walk, go grocery shopping, or anything else that gets you up and moving.

**Make it Social** - Find a running buddy, take a group exercise class, or catch up with an old friend while you take a walk!

**Mix it Up** - You don't need to go for a run every day to get fit. Try mixing it up with yoga, biking, weight lifting, swimming, etc.

To enroll in a program, go to [rochester.edu/working/hr/wellness/enroll/](http://rochester.edu/working/hr/wellness/enroll/)



**MONDAY**

- \* BOOT CAMP • 12:00-12:50PM • SRB PATIO
- \*\* YOGA FOR CORE • 12:00-1:00PM • RIVER CAMPUS
- \*\* YOGA • 12:00-1:00PM • AAC AUDITORIUM
- \* POWER PUMP • 5:15-6:15PM • URCM FITNESS CENTER
- \*\* ZUMBA • 5:00-5:45PM • O'BRIEN DANCE STUDIO

**TUESDAY**

- \* PILATES • 12:00-1:00PM • MAG
- \*\* YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- \*\* YOGA • 12:00-12:45PM • STRONG WEST
- \*\* YOGA • 12:00-12:50PM • HWH • EVARTS LOUNGE
- \*\* YOGA • 12:00-12:45PM • COLLEGE TOWN
- \* BOOT CAMP • 12:30-1:15PM • URCM FITNESS CENTER

**WEDNESDAY**

- \* BOOT CAMP • 12:00-12:50PM • SRB PATIO
- \*\* YOGA • 12:00-1:00PM • MAG
- \*\* YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- \*\* YOGA • 12:30-1:15PM • ESM 603
- \*\* YOGA • 4:30-5:30PM • BRIGHTON BUSINESS CENTER

**THURSDAY**

- \*\* YOGA • 12:00-12:45PM • RTP BLDG. 5
- \*\* YOGA • 12:00-12:50PM • HWH • EVARTS LOUNGE
- \*\* YOGA • 1:00-1:50PM • HWH • EVARTS LOUNGE
- \* TURBOKICK • 5:15-6:15PM • URCM FITNESS CENTER

**FRIDAY**

- \*\* YOGA • 11:00-12:00PM • MT. HOPE FAMILY CENTER
- \* YOGA • 11:30-12:25PM • URCM FITNESS CENTER
- \* PILATES • 12:30-1:25PM • URCM FITNESS CENTER

\*Enroll on [Well-U Enrollment Page](#)  
\*\* Enroll on [Inward Office Enrollment Page](#)