

Health*Matters

Summer Programs

www.uhs.berkeley.edu/facstaff/healthmatters



Health*Matters Summer Walking Group & Kick-Off Event

*Meets every Monday, Wednesday, and Friday from 12:10-1 pm. **Due to construction throughout the summer, the walking group will be meeting across the street from the West side of the Campanile.*

Looking for a fun way to add some activity to your workday? Join the Health*Matters Walking Group and find some fitness, fun, energy, and support! The more you walk the more chances to win prizes throughout the summer months.

Come to the **Kick-Off event** on *June 10 at 12:10* for your chance to spin the Prize Wheel. Everyone's a winner! Prizes include: buttons, pedometers, water bottles, t-shirts and more! (While supplies last)

Pedometers will be available for purchase at the Kick-Off event:

Accusplit AE2720STEP pedometers, \$7 (tax included). Please pay by cash (exact change preferred) or check (made out to UC Regents).

Climb the Campanile

June 15– August 7, 2009

Register at:

<http://www.uhs.berkeley.edu/facstaff/healthmatters/climbthecampanile.shtml>

Summer is a great time to get outdoors and get moving! Have some fun and join the Climb the Campanile program from Health*Matters. It is a new, FREE, 8-week lifestyle incentive program for faculty and staff! Log your physical activity on your Campanile map and track your progress as you "climb" higher and higher. Climb the Campanile is fun, simple, and can easily go with you on your summer vacation.

Although you will not actually be climbing the Campanile during this program, there will be an optional trip up to the observation platform to celebrate the completion of the program.

Included in your registration: Map and tracking forms, motivational tips, health information, nutrition and recipe suggestions and a chance to win prizes like: iPod Shuffles, gift cards, and more!

Dancing for Fitness

Fridays, June 5, July 10, & Aug 7, 12:10 - 1 pm

251 Hearst Gymnasium

Fit some fun and fitness into your day with these free, drop-in, beginner dance classes. No partner required. Co-sponsored with Recreational Sports. Enroll at UCB Learning Center (blu.berkeley.edu)



Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Human Resources: Benefits, Physical Education Program, Recreational Sports, UC Police: Office of Emergency Preparedness, and University Health Services: CARE Services, Ergonomics@Work, Occupational Health Clinic, Work/Life Program, and Disability Management Services.