Wellness Events this Month!

Happy New Year! What better time than now to start making some positive changes in your life? Our Work-Life Wellness program is offering several great opportunities to improve your health.

Join us for our Wellness Kick Off Event!

- Get a tour of the Recreation Center and meet the staff
- Meet the Wellness Champions
- Get a Blood Pressure Screening
- Get a Vision Screening
- Learn more about our Smoking Cessation Programs
- Learn more about Wellness Benefits for Employees!

At the University Rec Center

Live Right – Lose Weight – Live Long

Join your TSU Family for the 2015 Biggest Loser Challenge.

- Your weight will NOT be shared with others
- There will be weekly activities and meetings
- The top 3 players will receive a cash prize!!!!!! $$$$%

Contact Melanie Jackson for more information 713-313-7162.

50% Off Rec Center Memberships!!!!!!

Rates are now 1/2 off through February 15, 2015.

Semester Rates
- Faculty and Staff: $38
- Alumni: $50
- Seniors: $25
- Community: $63

Contact the Recreation Center at 713-313-6885 to sign up for a membership!
‘Saving $3-A-Day Keeps the Christmas Blues Away! Take the Financial Wellness Challenge!

CRITERIA:

- Jan. 1-Nov.26, 2015, save $3 a day = $990.00 CASH!!!!
- Use a jar/can/favorite sock, etc. to store your savings -OR- open a new Christmas account with an automatic daily deposit.
- Catch those BLACK FRIDAY specials on Nov. 27th; you’ve got CASH!
- Smile on Christmas Day because you accomplished holiday shopping with CASH transactions and NO DEBT. 😊

Did you know that by participating in certain Wellness activities you can gain a bonus 8 hours of leave time?

Review our Wellness Benefits [HERE](#) for more information!

**Wellness Champion of the Month!**

Rena Robinson, System Analyst (General Accounting)

I’m motivated by Wellness because I want to have a healthy, active and happy life. Being involved in a Wellness program can teach me how to deal with relative issues (physical, emotional, financial etc.) that affect my quality of life.

As the winner of TSU’s Biggest Loser 2014 I learned how to balance my eating and exercise. I was able to lose over 20 pounds in six weeks. That pleased my doctor. Losing the weight helps me to feel good. When you feel good you do better.

Wellness is about being well in every aspect of your life. It’s a process that will change you. My wellness goal this year is financial.

What’s your Goal?