

# 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!

**POSTPONED!**  
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.



FITNESS IS NOT JUST EXERCISE,  
ITS A LIFE STYLE

## 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. 27<sup>th</sup>; you've got CASH!
- Smile on Christmas Day because you accomplished holiday shopping with CASH transactions and **NO DEBT.** 😊

## BENEFITS THAT MATTER



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?*