

Mission: To provide programs, counseling and educational opportunities that encourage healthy lifestyle choices for all Mercer employees and their families. All full-time Mercer employees and their legal spouses are eligible for Wellness programs. All programs are available at no cost.

Services:

Health Risk Profile (HRP): A general assessment report that includes health profile, percent body fat calculation, fitness assessment, blood pressure, cholesterol and glucose checks. HRP's are conducted in the Wellness office and can be scheduled at your convenience. Please allow approximately 30 - 45 minutes to complete.

Diet Assessment and Design: Wellness staff will evaluate your diet and help you adjust your "problem areas". If you need additional assistance, staff is available to design an appropriate plan for long term weight loss and maintenance.

Group Fitness Classes: Wellness is proud to offer a wide-range of classes throughout the day. Please check our fitness class [schedule](#) to find a class right for you.

University Center (UC) Facilities: Use of the UC facilities is available to Mercer employees at no charge. Never been to the UC? Contact Wellness to schedule a tour and instruction session to learn how to safely use all equipment.

Workout Design: Let us help you design an effective and efficient training program. Whether you are a novice looking to lose a few pounds or an active athlete looking to take it to the next level, we can help!

On-Site Health Screenings: Wellness staff will conduct health screenings for any Mercer department upon request. Available screenings include: blood pressure, BMI/body fat, cholesterol and glucose. Give your colleagues the gift of health.

Stress Breaks: High levels of stress can negatively impact your health and job. Learn effective stress management techniques with this 15-30 minute seminar. All Stress Breaks include hands-on and team-building activities; perfect for staff meetings or professional development events.

Smoking Cessation: Cigarette smoking is still the number one cause of preventable death in the United States. Quitting smoking can often be overwhelming. Let Wellness provide you with the tools, resources and assistance to quit once and for all.

Programs:

Healthy U Incentive Program: Enroll in our Healthy U program and receive points for every fitness class, group walk or individual workout session at the UC to earn prizes, rewards and recognition.

Lunch and Learn: Back by popular demand, spend your lunch hour feeding your brain. Monthly topics on a variety of health-related topics; from nutrition to disease prevention and financial planning and everything in-between!

Fall Weight Loss Challenge: If you are looking to lose weight in a fun, supportive and creative environment, join Wellness in this 12-week challenge. WLC begins in September.

Wellness OUTSIDE the Box: Sick of the same old workout routine? Join Wellness one Saturday each month as we explore Bibb County by water, hiking path or bicycle. Spouses and children are invited to attend.

Lace 'Em Up! Join this 6-week beginner-oriented training program to put you in racing shape in time to compete in a local 5K race. No running experience required; **walkers welcome!** Participate in either a spring or fall race.

Wellness Kitchen: If you want some ideas on healthy cooking, join Wellness for regular cooking classes. We partner with a local restaurant that will teach you a dish, cooking tips and let you enjoy a meal.

Wellness in the Community: Research suggests that volunteering your time can result in improved health. If you are looking to engage with your community, Wellness offers organized events or group projects that will help you keep the wellness of the community in mind.

House Calls: Wellness can present information on a variety of health topics including stress reduction, weight loss, nutrition, sleep, team-building and many other topics. House Calls are perfect for office in-service events or regular staff meetings.

To learn more or register for any Employee Wellness program please contact Rachel May (may_rl@mercer.edu or x2224)