

Healthy "U" May 2012 Middle Georgia (Macon & Surrounding areas)

Please RSVP for all Mercer events by contacting Wellness at long_rm@mercer.edu or 478/301-2224

Team Up: Month of May (10 or 20 points) LOCATION: MACON/WARNER ROBINS

What's better than earning Healthy "U" points? Earning Healthy "U" points with friends and colleagues! Create a team in May comprised of at least three Mercer employees. Register your team with Wellness by email (long_rm) and then earn as many points as you can in May. The team with the highest number of average points per person at the end of May will earn a 20 point bonus for every person on their team. Every team who participates earns 10 bonus points, even if they aren't the winning team. Each teammate must earn at least 50 points for their points to count.

Community Health Events: Ongoing (10 points) LOCATION: MACON

The Macon Community offers a wide-range of health-related events, seminars and activities each month. Coliseum Health System offers weekly support groups, educational seminars and disease management classes on a variety of topics. Check-out their complete offerings at coliseumhealthsystem.com and let Wellness know which event you attended.

Laughing helps us stay well! (10 points) LOCATION: WARNER ROBINS

A Night of Coffee & Comedy with Lisa Out Loud! Thursday, May 31 7:00p at Celebrations Event Center, Warner Robins, GA "Come kick off your summer with a one night show that is sure to have you laughing for quite a while! Make plans to attend this night of coffee & comedy presented by comedian, Lisa Mills on May 31st at 7:00 p.m. at Celebrations Event Center (Russell Parkway) in Warner Robins, GA. Ticket price is \$15 per person and includes admission with flavored coffee and decadent dessert bar. Get ready to laugh out loud Middle Georgia!! *Tickets also available beginning May 7th at Freedom Realtors of Middle Georgia (4851 Russell Parkway, Warner Robins, GA 31088) or at the door if space allows."

Women's Day of Wellness: Saturday, May 5th, 10am (10 points) LOCATION: WARNER ROBINS

Houston Health Pavilion is hosting a special event just for women. Women's Day of Wellness will feature educational seminars, mini-massages and health screenings. Mammograms, bone densitometry, blood pressure, glucose and cholesterol screenings will be offered (cholesterol screenings will cost \$25 and mammograms will be billed to your insurance provider). For more information please contact Houston Health Pavilion at 329-3200.

Lunch and Learn with guest Bowden Templeton, PhD, "Stress Less": Wednesday, May 23rd, 12pm (10 points) LOCATION: MACON

Medical experts estimate that between 60-90% of all doctors' visits can be directly attributed to stress. While we might not be able to eliminate stress from our lives, we can learn to manage stress in healthy ways. Dr. Bowden Templeton will provide a variety of stress management techniques at our May Lunch and Learn. Lunch will be served, please RSVP.

Walk the Mounds: Saturday, May 26th, 9am (15 points) LOCATION: MACON

Join us for a hike at the Ocmulgee National Monument. This beautiful park in Macon is filled with history, natural beauty and walking paths. Bring your family, friends (including the four-legged variety) and join Wellness for a one hour morning walk. RSVP by May 23rd.

5K RACE, Saturday May 26th, 9am (25 points) LOCATION: MILLEDGEVILLE

Lt Col (Ret) Melvin T. Ingram Memorial 5K Race STARTING @ Baldwin County Board of Education Stadium, Milledgeville, GA Price: Registration: \$20 before May 15, 2012, \$25 afterwards Phone: (360) 909-1739
[More details](#)

Day Trip: Any Saturday! Ongoing (5 points) LOCATION: ALL CAMPUSES

If you have planned and followed through on a fun-filled day trip for your family that's centered around physical activities, then let Wellness know! We love pictures and we love to encourage others with your stories... so much that you'll get 5 points for sharing pictures of your day trip adventure. Don't know where to start? Take a look at these slides for some really great fitness in Georgia ideas [Click here.](#)

Ongoing Opportunities for Points

Individual Exercise Session (UC): 5 points

Walk, bike, swim, lift, sweat!

Newsletter Bonus Points: 5 points

Read the newsletter and answer the challenge for easy points.

Group Exercise Class (UC): 7 points

Be challenged in a fun, supportive environment.

Podcasts: 7 points

Watch one of our Podcasts and email us the answer to the question contained therein.

Bring a Buddy: 10 points

Bring a Mercer employee not currently registered in Healthy U to a Wellness event or activity (limit 1 per month), tell Rachel (may_rl@mercer.edu) who you brought and what you did.

Wellness Coaching: 15 points

Want to lose weight, improve your diet, create a fitness plan, quit smoking or reduce your stress? Sign-up with Rachel (may_rl@mercer.edu) for monthly Wellness coaching and let us help you reach your goals.

Health Risk Assessment: 50 points

Complete your HRA with Wellness or with your personal physician. Limit one per year.

Create a Walk Group: 5 points each session

Create a walk group with at least three Mercer employees and earn 5 points for each 30 minute walk you take together. The group captain earns an additional point each walk. Contact Wellness to sign-up.