



JUNE 2009 TIP OF THE MONTH

A Tip from *The Benefits Expert*

Wellness on Campus

Did you know... you can get healthy without leaving campus?

Even with the best of intentions to improve your health, it can be difficult to find the time to include healthy living into your lifestyle. Here are some free or low-cost opportunities – located right on campus – to help you achieve your wellness goals

USF Tampa

The **Campus Recreation Center's** summer group fitness schedule offers a variety of classes throughout the day and into the evening. Looking for yoga at lunchtime? There's a class at noon on Wednesdays! With a monthly membership of only \$20, you'll receive full access to the Rec Center and all classes. Click [here](#) for more information. Campus Rec also offers Exercise at Work classes at USF Health. Watch the [USF Health Wellness website](#) for information about upcoming classes and registration.

Weight Watchers at Work meetings are offered during lunchtime hours:

- College of Nursing, Room 2002 (information [here](#))
- USF Health South Tampa Center, STC5051B (information [here](#))
- FMHI, MHC 1329 – a new 17-week series begins June 18th (for information contact Sharon Springer at springer@fmhi.usf.edu or 974-1992)

If you have [AvMed](#) health insurance, you may receive a discount on Weight Watchers enrollment and meetings.

For employees who want to stop smoking, the Employee Assistance Program has launched the no-cost, **Quit Smoking Now** program. More information is available [here](#).

Sometimes, the best exercise and stress relief comes from a great walk, and USF has many sidewalks and attractive walkways to explore. Ask a coworker to join you at lunchtime or after work, or enjoy a peaceful walk alone

USF Sarasota-Manatee offers wellness options free to employees: an on-site fitness center, Pilates classes, and brown-bag lunches on wellness topics. Contact Theresa Scott at tmscott@sar.usf.edu for more information.

USF St. Petersburg has an on-campus [Fitness Center](#) with group exercise classes for all fitness levels including muscle toning, cardiac boot camp, Pilates, yoga, martial arts, and belly and salsa dance. Monthly membership for employees is just \$25. Employees can swim for free at the USF St. Petersburg Waterfront pool. The [USF St. Petersburg Waterfront](#) also offers sailing, kayaking, kite surfing, scuba diving and more.