

# Upcoming Events Spring 2012

Schedule Subject to Change

Event	Date	Time	Location	Event Description
<b>Shape Up RI</b>	February 13 - May 4 <sup>th</sup>	12 Weeks		Statewide competition where you form a team with fellow employees in compete in fitness categories from most steps taken to most weight loss.
<b>Cardio Tennis</b>	January 30 <sup>th</sup> February 6 <sup>th</sup> and 13 <sup>th</sup>	12:00PM- 1:00PM	Fieldhouse Court 1	High energy aerobic workout that incorporates the sport of tennis into a fun workout style atmosphere
<b>Attend 8 sessions of any fitness Center Classes you choose</b>	4/2-4/27	Open	Fitness Center	Attend any 8 scheduled fitness center classes during the given time period. Sign-in sheets we will be at all classes from 6am to 5pm. Once you have logged 8 classes points will be awarded.
<b>FLEX: Stop-by Table</b>	February 16 <sup>th</sup>	12:00PM- 2:00PM	Lower Level of Commons	This program allows busy employees to participate in hands-on activities that will test their fitness knowledge and receive simply tips to incorporate physical activity into their daily routine
<b>Unwind: Your Personality</b>	March 7th	1:00PM- 2:00PM	Campus Recreation Center Conference Room	Provides participants with strategies for dealing with stress by helping them understand the strengths and challenges associated with their dominant personality type
<b>Nutrition On The Run</b>	March 22 <sup>nd</sup>	1:00PM- 2:00 PM	Campus Recreation Center Conference Room	Gives participants tips on how to overcome the challenges of eating fast food when on the go and to help make healthy choices

<b>Sun Safety Screening</b>	April 24th	12:00PM-1:00PM	Lower Level of the Commons	Using DermaView Technology, you have analyzed the sun damage on an individual's face allowing them to see the effects of cumulative sun exposure since early childhood.
<b>Squash League</b>	TBD For more information contact Neil Caniga at <a href="mailto:ncaniga@rwu.edu">ncaniga@rwu.edu</a>	Open	Fitness Center Squash Courts	A semester long competition where people compete for a ranking on a competition ladder. All employees of all levels welcome
<b>Individual Wellness Coaching</b>	For info email Neil Caniga at <a href="mailto:ncaniga@rwu.edu">ncaniga@rwu.edu</a>	All Semester	Done in the comfort of your own home	Participants receive one-on-one coaching with a wellness counselor over the phone during the comfort of their own free time.
<b>Self Defense Class</b>	2/21-3/27 Every Tuesday from 12-1pm	12:00PM-1:00PM	Aerobics Room	A six week high energy and fun way to learn basic self-defense techniques while receiving a great fitness workout.
<b>Yearly Physical and Dental Exam</b>	Anytime from beginning of year to May 11 <sup>th</sup>			Have you had a annual doctors and dental checkup? If so contact Neil Caniga at <a href="mailto:ncaniga@rwu.edu">ncaniga@rwu.edu</a> to get a physical and dental affidavit to submit for HIP points.
<b>Workout Log</b>	Due May 11 <sup>th</sup>		Workout log can be downloaded of the simply wellness page on the RWU website	Like to workout individually? This log gives everyone a chance to track each time they go to work out on their own. Once the log has been filled with 50 workouts it can then be submitted to <a href="mailto:simplywellness@rwu.edu">simplywellness@rwu.edu</a> to receive 50 HIP Points

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**\*All programs and events are worth 50 HIP points EACH.**

**\*You MUST complete the Personal Health Assessment (PHA) before you can receive any HIP points. This is available online, or can be completed at the Simply Wellness and Benefits Fair.**