



www.explorationwellness.com

JSC Health & Fitness Week, 2010

May 17th through May 21st

The JSC Wellness Program is recognizing the importance of our employees' welfare by offering an entire week of health and fitness related events.

Come join us for a week of healthy fun, free gifts, prizes, and random grand prize drawing!



May 19th, National Employee Health & Fitness Day, is a national health observance, created to promote the benefits of physical activity and a healthy lifestyle to individuals at their work site.

To learn more visit NEHF online at: <http://www.physicalfitness.org/nehf.html>

Why Participate?

- 🚴 To have fun and...
- 🚴 Improve your physical fitness and stamina
- 🚴 Lower levels of stress
- 🚴 Increase well-being, self-image and self-esteem

Schedule [Click for Details](#)



🚴 **Mon:** Online Wellness Scavenger Hunt

🚴 **Tue:** EAP Class or Consultation

🚴 **Wed:** Prediction Run & Poker Walk



🚴 **Thu:** Indoor Triathlon



🚴 **Thu & Fri:** Farmer's Market at B3



🎈 **Fri:** Family Fitness Fair

– Inflatable Obstacle Course Competition!

🚴 **Mon-Fri:** Take the 2010 Health Assessment, Bike to Work, discounts at the cafés.

