

# **MCCS/USNH Health & Wellness Corner**

DECEMBER 2003

## **HAPPY HOLIDAYS**

### December Health Promotion Schedule of Events

- ◆ De-Stress Days: To help ease the holiday stress, there will be free chair massages and tips on relaxation at the Lester Fitness Center on: Dec 3<sup>rd</sup> & Dec 17<sup>th</sup> from 1230-1330. For more information, call 645-3910.
- ◆ End of Year Aerobathons: Kinser Gym & Hansen House of Pain, Dec 6<sup>th</sup>, 0900-1200. These events are free and open to everyone. Participants are encouraged to bring an unwrapped toy for the Toys for Tots Campaign. Call 645-3484 for more details.
- ◆ Lose Weight the Easy Way! Class meets Dec 11<sup>th</sup> at 1600. Learn how to eat to lose weight successfully. Call 645-2620 to register.
- ◆ Healthy Heart Class: Class meets on Dec 16<sup>th</sup> at 1600. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- ◆ BALANCE: (Weight Management Support Group) Meeting will be held on Dec 18<sup>th</sup> at 1730. Location is the Lester Chapel.
- ◆ New Years Eve 5K: Ring in the New Year in a healthy way...join us for the 2<sup>nd</sup> Annual New Years 5K at Lester Gym. Call 645-2620 for more details.
- ◆ Tobacco Cessation: 5-week class starting on Jan 6, 2004 at 1700. Class will meet at the USNH Galley. Call 645-2620 to register for this class or for information on upcoming classes at other locations. Ready...Set...QUIT!
- ◆ For more information about any of the topics covered in this newsletter, please contact the MCCS Wellness Director at 645-3910.

### Monthly Health Observances

World AIDS Day is observed on Dec 1<sup>st</sup>. *Stigma and Discrimination* is the theme of the 2003 World AIDS Day. This day is about raising awareness, education, and fighting prejudice. According to UNAIDS estimates, there were 38.6 million adults and 3.2 million children living with HIV at the end of 2002, and during the year 5 million new people became infected with the virus. For more information, visit [www.avert.org](http://www.avert.org).

Holiday Survival Tips & New Years Resolutions: 'Tis the season to start planning for the holidays. Don't let yourself fall victim to holiday weight gain. Now is the perfect time to start attending one of the many awesome group fitness classes offered at Kinser, Futenma, Foster, Lester, Courtney, and Hansen. Find the classes, locations, and times that fit into your schedule and let us pump life into your fitness routine. The *End of Year Aerobathons* on Dec 6<sup>th</sup> are a perfect way to experience many group fitness class formats. You don't have to gain holiday pounds, get out of shape, or start the New Year saying "what if." For more information, call 645-3484.

