



## February is Love Your Heart Month

It's hard to think of the month of February without thinking about candy hearts and flowers. Let's take some time as January winds down and February begins to plan to do something special for our own **HEARTS**.

Lots of exciting things are coming down the pike in February that should make our hearts happy.

### **Friday, February 5 - Wear Red Day**

Let's all wear red on this special day in support of the American Heart Association's quest to raise awareness about heart disease and stroke. Take some pictures to commemorate the event and send them to [worklife@gmu.edu](mailto:worklife@gmu.edu) to be posted on Mason's [Go Red Gallery!](#)

Patrice Winter will be at the Mason clock on the JC Plaza at noon on Friday, February 5. Join her for a short campus walk. Enjoy the fresh air and notice all the things that can be missed when you're in a car or shuttle bus. Chat with current colleagues and meet some new ones! Work at the Arlington or Prince William campus? Round up some peeps and take a spin around campus.

### **Monday, February 8 - "The Biggest Loser" Personal Trainer, Bob Harper**

Join us for a terrific videoconference session with Bob Harper, one of the two personal trainers on the hit show "The Biggest Loser." Bob will address Commonwealth of Virginia employees at the Greater Richmond Convention Center on "positive ways to improve your health, your habits, and your life." The good news is that you don't have to go to Richmond to see him! Bob's presentation will be available by videoconference at Arlington, Fairfax, and Prince William. The session runs from 9:15-11:00. Please visit <http://hr.gmu.edu/training> for locations and to register. Brought to us by Anthem, The Department of Human Resource Management (DHRM), and [CommonHealth](#).

Can't make it on the morning of the 8th? The session will be recorded for viewing later on the HR & Payroll website.

## **Monday, February 8 - Mason Recreation "Resolution Solution Fitness Challenge" Kick Off**

Mason Recreation, a partner in Wellness by Mason, is inviting all Mason departments to take the Resolution Solution Fitness Challenge. Join your colleagues in a fun 12-week program (February 8 - April 30) and have a chance to win great prizes while getting fit! What a two-fer! Information on the program and registration is at [Resolution Solution Fitness Challenge](#).

HR & Payroll will be taking the challenge. We hope you'll join us.

## **February is the Launch of Mason Wellness Days**

Every day provides an opportunity to make choices that are good for your heart, your health, and your happiness. Mason Wellness Days are a reminder that these choices don't have to be dramatic; small changes can make a big difference over time. Check them out at [Wellness Days](#). Two of them are featured here - Meatless Mondays and Fitness Fridays.

### **Meatless Mondays**

Join Mason Dining in taking a pass on meat every Monday. There are lots of alternatives. Read about why reducing your meat intake may be a good idea at [Meatless Mondays](#). Remember Mason faculty and staff can eat for \$5.25 every day at the Bistro and for \$7.00 every Friday in Southside. On the Arlington or Prince William campus? Get 10% off in all Mason dining venues on both campuses by using Mason Money. Details on faculty/staff meal plans are available at the [All University Card Office](#).

### **Fitness Fridays**

As part of Mason Wellness Days, Mason Recreation will be hosting Fitness Fridays at the Recreation and Athletic Complex (RAC) on Fridays at 12:00pm. Come participate in "Lunch & Burn", a light exercise program in the Cage Gym beginning on Friday, February 12. Go to the RAC front check-in desk to receive instructions on how to get to the Cage Gym and sign-in for the day. This class will offer 2 miles toward the Resolution Solution Fitness Challenge. Fitness Fridays will take place through the entire spring semester of 2010 and are available to members and non-members of Mason Recreation.



**Wellness by Mason**

**Live Well, Age Well; No Matter Your Age**

<http://wellnessbymason.gmu.edu>