



# Flip for August!

August is the sizzling part of summer. Find ways to beat the heat and have some fun!

## **Keep Mason #1! Submit Your Idea to Raise the Rate**

Mason's in the lead but Utah State is close behind! Indulge your competitive side and share your savings ideas for a chance to win. TIAA-CREF, one of Mason's retirement vendors, is holding a contest to encourage ideas that will increase the U.S. savings rate to 10% in two years. There are some exciting prizes for you including a grand prize of \$50,000, a People's Choice award of \$15,000 and nine finalists at \$1000 each. And there is an opportunity for Mason -- a \$25,000 endowment that goes to the college/university that submits the most ideas. The deadline for submissions is September 20 but there's no time like the present! Go to <http://raisetheratecontest.org>, take a spin through the rules and submit your ideas. Note: You don't have to be a participant in TIAA-CREF to submit an idea. All Mason faculty, staff, students, alumni and retirees are welcome!

## **Life Planning Seminar, "Avoiding Falls at Any Age": Fairfax, 8/20, 12:00-1:00**

Flipping for August is metaphorical. Slipping and falling is dangerous at any age. According to the Centers for Disease Control and Prevention, falls are the leading cause of non-fatal injuries for all children ages 0 to 19. Among older adults, falls are the leading cause of injury deaths. Join Patrice Winter, P.T.M.S. as she addresses strategies and practices that can help you and the ones you love avoid falls. Register at <http://hr.gmu.edu/training> (click on the "Courses" tab).

## **CommonHealth: Outdoor Adventures**

CommonHealth's quarterly program through the end of September is "Outdoor Adventures". Join Amy Moore, Mason's CommonHealth regional coordinator, as she shares tips and suggestions to keep you safe and to make the most of your summer days, weekends, and vacation – no matter what your budget. Check the CommonHealth website for more information at <http://commonhealth.virginia.gov/>. To bring Amy to your department please call Bridget Peabody in HR & Payroll Training at 3.6764.

### **Commuter Challenge Coming**

From September 22 through October 22 Mason will be competing against the University of Maryland in a commuter challenge. The challenge will kick off on September, 22 ...

International Car Free Day. The goal is to encourage faculty, staff and students to explore alternate modes of transportation and reduce the number of trips traveled alone by car. Watch this space and eFiles for more information!



### **HOLD THE DATE: Taste of Fitness, 9/1 Aquatic & Fitness Center and 9/2 RAC**

Join Mason Recreation for a "Taste of Fitness" when you can sample all of the program offerings including group exercise classes, indoor cycling, martial arts, yoga and Pilates for FREE! Free food, drinks and giveaways from area vendors such as Honest Tea, Subway, Great Harvest Bread Co., Freshens, Pacers and Vitamin Shoppe. Plus you can receive a 10% discount on memberships and services. You won't want to miss this one!



### **HOLD THE DATE: 2<sup>nd</sup> Annual Happy Heart Walk: All Campuses, 9/29 at Noon**

### **Incorporate Wellness Days into Your Daily Routine**

<http://wellnessbymason.gmu.edu/docs/Theweek.pdf>



### **Wellness by Mason**

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

<http://wellnessbymason.gmu.edu>