



**FALL**

## **INTO OCTOBER**

**Commuter Challenge** It's not too late to register! **From September 22 to October 22**, George Mason is competing with University of Maryland to see how many faculty, staff and students will travel to school or work in a more sustainable and environmentally friendly way than driving alone. It's easy to get involved!

1. Register for the Challenge: Even if you're not sure whether you can use alternate transportation, every registration counts towards victory over the Terps. To register, visit Mason's car pooling page at <http://zimride.gmu.edu/>.
2. Use Zimride to track your commutes to campus. Whether you are walking, biking, motorcycling, using Mason shuttles, van pools, or car pools each method counts as a form of alternate transportation to win this challenge. Go Mason beat Maryland!

**Whole Grains Challenge** Mason Dining is sponsoring a Whole Grains Challenge during the month of October in conjunction with the Whole Grain Council. Join the challenge and you will be eligible to win prizes for introducing more whole grains into your diet. Please visit the <http://hr.gmu.edu/announcements/WholeGrainsChallenge.pdf> for more information or contact Lois Durant, MS.RD at [ldurant1@gmu.edu](mailto:ldurant1@gmu.edu) or 3.3283. To learn more about what a whole grain is, please visit <http://www.wholegrainscouncil.org/whole-grains-101>

**Join Darrell Green in Fit for 50 at Mason** Former Redskins cornerback and football Hall of Famer Darrell Green has partnered with George Mason University and Inova Health System to bring the DC area "an innovative, interactive, web-based fitness program designed to get you fit for 50 days – and beyond – regardless of your age (Darrell just happened to turn 50 this year)". Put wellness at the top of your "to-do" list. Get started today and receive your personal playbook by signing up for free at <http://www.fitfor50.org/>. **Save this Date – On October 10, 2010**, Fit for 50 is coming to Mason for an 8K/2K Family Run on. Join Darrell and Inova Health System for a day full of fun fitness activities for the whole family. For more details, please visit <http://www.fitfor50.org/2010/07/8kfitness/>

### **The Farmers Market is Back on the Fairfax Campus Every Wednesday, 11:00 - 2:00**

Smart Markets is back on the Fairfax campus on the Southside Plaza. Look for Windmill Meadows Meats & Dairy, Tyson's Orchard, Staff of Life Breads, Tommy V's Salsa and more at Smart Markets. "Meet Up at the Market" with friends and colleagues.

**Plan Ahead: Life Planning & Eldercare Resources** Aging well is the goal for all of us whether we're 25 or 75. Part of that process is planning for life's changes. Life Planning Services can assist with seminars, and resource & referral information tailored to your personal situation. Don't wait for a crisis with an aging parent or loved one. Set up an appointment today. Contact [ecare@gmu.edu](mailto:ecare@gmu.edu) The fall Life Planning Seminar Series will begin on Thursday, October 21, 2010 from 12:00 - 1:00pm in SUB II, VIP 1 with "Universal Design: How to design an 'ageless' home". Join Patrice Winter, P.T.M.S. as she discusses practical solutions for transforming your home into a safer, more manageable place to live as you age. To register for life planning seminars, please visit <http://hr.gmu.edu/training> and click on the "Courses" tab.

**Plan Ahead for Flu Season** If you are a COVA Care, COVA HDHP or Kaiser Permanente participant, free seasonal flu shots are part of your wellness benefit. Check the HR & Payroll homepage at <http://hr.gmu.edu/> for free flu shot information and an on-site clinic schedule in Arlington, Fairfax, and Prince William sponsored by HR & Payroll with flu shots provided by SUPERVALU Pharmacy. Don't have Mason health insurance? Information is also included on Student Health Services (SHS) seasonal flu shots, available to faculty and staff for just a \$5 administration fee. You can check the SHS website at <http://shs.gmu.edu> for their clinic schedule.

**Enhance Your Wellness through the Arts** Mason faculty, staff, and retirees receive a 50% discount on series tickets (4 performances of your choice equals a series) at either the **Center for the Arts** (Fairfax) or the **Hylton Performing Arts Center** (Prince William). And remember, for individual performances, children grade 12 and younger are 1/2 price at all "family friendly" events. Contact either venue for details: Center for the Arts, <http://cfa.gmu.edu/> and Hylton performing Arts Center, <http://hyltoncenter.org/>

**SAVE THE DATE: Faculty-Staff Enrichment Day will be held on Tuesday, November 2, on the Fairfax campus and Friday, November 5 on the Prince William campus.** The Arlington campus plans to hold an enrichment day program on a date to be announced. In the meantime, Arlington faculty & staff are welcome to attend the program in Fairfax or Prince William. Details will be available soon at <http://hr.gmu.edu/training>.

**SAVE THE DATE: Saturday, November 6, 2010, for the American Heart Association Heart Walk, from 8:30 - 11:00 am at Nationals Park in Washington, DC** (Navy Yard Metro stop on the Green Line). We invite you to participate in the American Heart Association's annual Heart Walk. In addition to raising funds for research, the American Heart Association is also encouraging folks to walk for their own health. Mason is going to participate again this year and we hope you'll be a part of the Mason team. Right now we're recruiting folks who would like to be team leaders and recruit colleagues, friends and family members to participate in the Heart Walk. If you're interested, please email [worklife@gmu.edu](mailto:worklife@gmu.edu).

### **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>