



March is for Moving Mind and Body

All Month: Resolution Solution Fitness Challenge

It's not too late! Mason Recreation is excited to offer its first annual Resolution Solution Fitness Challenge for 2010. This challenge focuses on getting various departments and individuals involved in a fun fitness competition and geared to a healthier lifestyle in 2010.

Read all about it at <http://recsports.gmu.edu/wellness/resolution-solution>

All Month: Governor's Challenge

The Governor has challenged us to drop a few pounds! Participants form teams of four and support each other in weight loss with weekly weigh-ins, emails and other help offered through CommonHealth. Details at <http://www.commonhealth.virginia.gov/>

All Month: Bob Harper Video

CommonHealth and Anthem brought Bob Harper, one of the personal trainers on the hit show, "The Biggest Loser", to Richmond on February 8. Thanks to the wonders of technology, he's available to you 24/7. Check it out at <http://wellnessbymason.gmu.edu>

All Month/All Campuses: Fitting in Fitness

Bring "Fitting in Fitness" to your department! This helpful session from CommonHealth will explore common myths, set the record straight about metabolism, and provide great tips on all areas of exercise. To learn more about the session, please visit <http://commonhealth.virginia.gov> To schedule, please contact Lori Ann Roth at 3.2621 or via email at lroth@gmu.edu.

Arlington Wellness Wednesdays: Chair Massage 3/3 2-4pm, and 3/17 2-4pm

Treat yourself to a relaxing massage for the introductory rate of just \$15. A licensed massage therapist from Old Town Massage will be on the Arlington campus offering 15 minute chair massages. Space is limited for this pilot program; don't miss out! First come, first serve. To make an appointment, please use the sign-up sheets at the Info Desk in the Original Building.

Prince William: Try it Now Triathlon Clinic – Sunday 3/7, 8:30 am- 5:00 pm

This one-day Triathlon Clinic is for newcomers of all ages at the Freedom Aquatic and Fitness Center in. Advance registration is required. Capacity is limited.

For more information and to register go to <http://www.triitnow.com>

Fairfax: Body Language 301 – Reading the People Around You – Thursday, March 11

Join author and body language expert Maryann Karnich and learn how to identify the mechanics of non-verbal communications and read changes in body language. Project the right message with your own body language. Visit <http://hr.gmu.edu/training> and click on "Courses" to register.

Fairfax: Surviving the Hidden Stressors of Life – Wednesday, 3/17, 12 pm – 1 pm

Join J. Goodlett McDaniel, RN, EdD at a one hour seminar on how to survive the stressors in life. The event will be held on the Fairfax Campus in Student Union Buildings II, VIP 1.

Visit <http://hr.gmu.edu/training> and click on "Courses" to register.

Prince William: The Mason Miles, Thursday, 3/25, 12 pm – 2 pm

Sign up for this 5K run/2 mile walk showcasing the Prince William Campus. Proceeds benefit the Kyle Wilson Scholarship Fund. For information and registration please visit <http://ulife.gmu.edu/princewilliam/TheMasonMiles.php>

Prince William: Tune Up Tri - Sunday March 28, 7:30 am (Ages 10 and up)

The Freedom Aquatic and Fitness Center offers you a tune up on your triathlon training - A short distance triathlon to start off your season. 1.4 mile run; 4 mile bike ride; 250 yard swim
For more information and to register go to <http://www.triitnow.com>

Try Wellness Days!

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

Meatless Mondays

Skip the meat; try plant-based high fiber foods instead. Check out the offerings at Mason Dining!
Arlington: <http://dining.gmu.edu/arlingtoncampus.html>
Fairfax: <http://dining.gmu.edu/menus.html>
Prince William: <http://dining.gmu.edu/pwcampus.html>

Take Care of Yourself Tuesdays

Treat yourself right! Catch those zzz's, avoid alcohol, and stay away from tobacco products.

Walking Wednesdays

Mason Recreation will be leading a weekly walk every Wednesday at noon starting at the Mason clock in Fairfax. Not in Fairfax on Wednesdays? No problem! Round up some colleagues and take a walk. Or take that meeting with a colleague out of the office and onto the sidewalk!

Thrifty Thursdays

Take charge of your finances & reduce a leading cause of stress. Schedule a one-on-one retirement counseling session with Fidelity Investments, TIAA-CREF, or ING. For dates, times, and locations, please visit <http://hr.gmu.edu/benefits/retire/tiaa.php>

Fitness Fridays

Rediscover the fun in fitness; try something new. Mason Recreation will be holding “Lunch & Burn”, a light exercise program in the Cage Gym every Friday this semester. 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 offers 2 miles toward the Resolution Solution Fitness Challenge. Available to members and non-members of Mason Recreation.

Stay the Course Saturdays & Sundays

Work in a little “me” time for exercise, reflection and reconnection with family, friends, and nature.



Wellness by Mason

Live Well, Age Well; No Matter Your Age

<http://wellnessbymason.gmu.edu>

SAVE THE DATE!

Health & Fitness Expo
April 1 - Fairfax
April 8 - Prince William
<http://hfe.gmu.edu>