



## April is “Know Your Numbers” Month



### **Health & Fitness Expo: Fairfax, 4/1 and Prince William, 4/8**

What are your numbers? Discover a healthier you by visiting Mason’s annual Health & Fitness Expo. Vendors, demonstrations, and free screenings to get your numbers on cholesterol, blood pressure and more. Details at <http://hfe.gmu.edu>

### **All Month/All Campuses: Every Calorie Counts**

Bring “Every Calorie Counts” to your department. Learn why diets don’t work and how to maintain a healthy weight by understanding what you eat. To learn more about the session, please visit <http://commonhealth.virginia.gov> To schedule it for your department, please contact Lori Ann Roth at 3.2621 or via email at [laroth@gmu.edu](mailto:laroth@gmu.edu).

### **All Campuses: Selected Dates in April (and all year) - Retirement Counseling**

Dollars are numbers too! A dollar saved when you’re young works much harder for you due to the wonders of compound interest. Work with the pros so that your money works as hard as you do! Schedule an on-campus individual counseling session with TIAA-CREF, Fidelity or ING. For dates, times, locations and scheduling information, visit <http://hr.gmu.edu/benefits/retire/tiaa.php>

### **All Month (and all year): WeightWatchers**

Save some green while you lose some weight. Special pricing on WeightWatchers for all state employees. Learn more at <http://commonhealth.virginia.gov/weightwatchers.htm>

### **Start Walking Day: Wednesday, April 7**

All across the U.S., April 7 is Start Walking Day, sponsored by the American Heart Association. So, dig out the sneaks and meet us at the Mason clock at noon for a campus walk. Not on the Fairfax campus? Arrange to take a walk with colleagues from your office or department and take some pictures! Send them to [worklife@gmu.edu](mailto:worklife@gmu.edu).

**Extended!**

### **All Campuses: Long Term Care Open Enrollment**

Open enrollment has been extended through May 21 for voluntary long term care insurance through Genworth Life Insurance Company. Long term care insurance can be part of a comprehensive plan for care as one ages. Open enrollment includes select family members including grandparents. More information at <http://hr.gmu.edu>

### **Note to Self: Plan for Your Future, National Healthcare Decision Day, 4/16**

Provide guidance to the ones who love you with an advance directive. Learn more about it at <http://www.nationalhealthcaredecisionsday.org>

**Fairfax: Relay for Life, 4/17-18**

Calling all night owls! The 4<sup>th</sup> annual Relay for Life will be held from 4:00pm on Saturday, April 17 through 6:00am on Sunday, April 18 in the Field House. The Relay raises awareness and funds to support the fight against cancer. Interested in participating or supporting the effort? Contact Teal Dye, Mason Relay for Life Event Chair at [tdye1@gmu.edu](mailto:tdye1@gmu.edu).

**Fairfax: Aimee Willard Memorial 5K Fun Run (RAD Walk), 4/20**

Rack up some exercise mileage for a good cause. Register for the 14th Annual Victims' Rights 5K Run/Walk. Details and registration forms are available at <http://vrrw.gmu.edu>

**Arlington: Wellness Wednesday, Chair Massage, 4/21, 2:00-4:00pm**

Treat yourself to a relaxing massage. A licensed massage therapist from Old Town Massage will be on the Arlington campus offering 15 minute chair massages for \$20. To make an appointment, please use the sign-up sheets at the 2<sup>nd</sup> floor Info Desk in the Original Building.

**Earth Week Celebration, 4/25-4/28**

Mason's celebration of Earth Week in 2010 features many opportunities to learn about environmental sustainability and make a difference in our corner of the world and beyond! Read all about it at <http://sustainability.gmu.edu/earthweek/>

**Fairfax: Bike to Mason Day, 4/28**

Reduce your carbon footprint and burn up some calories by biking to work. Check out the details as they're available at <http://transportation.gmu.edu/BiketoMasonDay.html>

**Reminder - All Month/All Campuses: Resolution Solution Fitness Challenge**

Get your exercise numbers up! The Resolution Solution Fitness Challenge for 2010 is underway through May 8. Details at <http://recsports.gmu.edu/wellness/resolution-solution>

**Reminder - All Month/All Campuses: Governor's Challenge**

Partner with pals and drop a few pounds! Participants form teams of four and support each other in weight loss with help offered through CommonHealth. Through May 17. Details at <http://www.commonhealth.virginia.gov/>. A flyer is available at <http://hr.gmu.edu/announcements/GovChallenge2010.pdf>

**Stay Tuned! All Campuses: Commuter Bike Challenge, Coming Soon**

**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>