

Employee Wellness at Southern Miss offered through Recreational Sports

Wellness on Wheels

Too busy to get out of the office?
We'll come to you!

WELLNESS ON WHEELS: EMPLOYEE WELLNESS AT SOUTHERN MISS

An **a la Cart Menu** is available to enhance wellness in your work environment. Choose from the menu, the date and time for a member of our fitness and wellness team to come to your place.



SIX DIMENSIONS OF WELLNESS is an interactive session to encourage and promote healthy activities in your office setting.

TOBACCO CESSATION CLASSES: whether you are thinking about quitting tobacco or actually ready to quit, allow a staff member to discuss a six week program that can help you "kick the habit".

"TIME OUT": Feel like you are running in circles from task to task and not getting much done? Enjoy a 15-minute session in your chair using yoga and breathing exercises to release stress.

BLOOD PRESSURE SCREENS: Have your blood pressure checked to encourage some healthy numbers for your health.

BODY COMPOSITION: Have your body fat taken in the privacy of your own office by a trained professional. Cost is \$5.

GETTING STARTED WITH EXERCISE AT HOME OR IN A GYM: Discuss ways to make exercise work for you when you may not have the time, energy, or motivation.

HEALTHY EATING 101: Create your own menu of ways to deal with eating habits you would like to change

SOMETHING FUN - THE LIGHTER SIDE OF WELLNESS: Need to goof off to take the edge off? Have some fun at the office in an interactive session on ways to lighten up.

See something you like for your office staff? Contact Susan Bone, Assistant Director of Wellness, Recreational Sports, to set up your time for your wellness activities. Want to invite another office to join yours? Be my guest. Have an idea for something else your office needs? Run it by me. There's probably someone on campus or in the community who can help.

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SOUTHERN MISS
RECREATIONAL SPORTS