

HEALTHY YOU: Year Three

The road to a HEALTHY YOU begins with one step...or thousands, for those who take part in Walk Across Campus, back by popular demand in spring semester. This year's HEALTHY YOU programs are designed to help you get and stay active, and are offered in partnership with Harvard Pilgrim Health Care and The Boston Consortium for Higher Education's HEALTHY YOU program. For more information on HEALTHY YOU: Year Three programs for faculty and staff, visit www.bc.edu/healthy-you.

JANUARY 2013

Half-price Campus Recreation Programs

January 2013

Start off the new year by making your New Year's resolution a reality! Campus Recreation and HEALTHY YOU are pleased to offer all staff members a half-price class at the member rate: you pay half; HEALTHY YOU pays the other half. Classes include Yoga, Fit over Forty, Biggest Loser, Swimming, and Salsa. Registration is open now; see reverse side for registration details and class information.

APRIL 2013

Walk Across Campus 2013

April 1–May 31

Kickoff walk: April 1, 12:00 p.m. outside 129 Lake St.
Closing ceremonies and field day: June 7, 1:00–3:00 p.m.,
Brighton Campus Field

This semester's Walk Across Campus is a two-month HEALTHY YOU team walking competition. New participants will receive a free, state-of-the-art Fitbit pedometer! Those who participated in the 2012 Walk are strongly encouraged to participate in this spring's walk as well (and use the Fitbits issued for the fall Walk). Registration begins February 1, 2013. Watch for communications in early 2013 with more details, as registration will be limited.

Keep Moving: Gain Momentum in Your Health, Your Habits, and Your Life

Presentation by Terri Trespicio '95

Thursday, April 4, 12:00–1:15 p.m., Heights Room

We hear a lot about "finding balance," but balance is a bit of a misnomer. After all, you're either balanced—or you're not. Find out how to put conditions in place to turn steps into strides and achieve the kind of momentum that inspires, invigorates, and propels your life in a healthier, happier direction. A light lunch will be served. *Terri Trespicio '95 is a writer, speaker, coach, and expert on women's health and wellness. Raffle prizes; sponsored with the Office of Health Promotion.*

MAY 2013

American Cancer Society: Cancer Prevention Study Enrollment Appointments

May 1, 9:00 a.m.–5:00 p.m.

Newton Room, Corcoran Commons

Representatives from the American Cancer Society will conduct enrollment appointments for Cancer Prevention Study-3 (CPS-3), a longitudinal study currently recruiting participants. CPS-3 will be one of the largest and most important studies of cancer causes and prevention worldwide. Participation is both optional and totally confidential; this is a chance to give back and actively join in the fight against cancer. Details on scheduling an appointment will be e-mailed to staff in early 2013. *Raffle prizes*

KNOW YOUR NUMBERS FREE BIOMETRIC SCREENINGS

Wednesday, March 6

8:00 a.m.–3:00 p.m.

Flynn Recreation Complex

Thursday, April 11

7:00–10:00 a.m., 2101 Commonwealth Avenue

11:00 a.m.–3:00 p.m., Barat House

Your cholesterol, blood pressure, blood sugar, and body mass index measures are key indicators of your risk for major illness. Harvard Pilgrim clinical staff will provide a free screening of these numbers for employees. You can use your numbers to take the voluntary, confidential online Health Questionnaire; computers for the HQ and a Health Coach will be available on-site. No appointment required.

Raffle prizes

**BOSTON
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Harvard Pilgrim
HealthCare



HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS

HALF-PRICE CAMPUS RECREATION PROGRAMS

Campus Recreation and HEALTHY YOU are pleased to offer all staff members a half-price class at the member rate. You pay half; HEALTHY YOU pays half. Taking a class with one of our qualified instructors is a great way to kick start your routine.

For descriptions of these programs and others, visit www.bc.edu/rec.

CLASS	DATES	DAYS	TIME	NORMAL MEMBER PRICE	NORMAL NON-MEMBER PRICE	YOUR HEALTHY YOU PRICE
Biggest Loser	1/22–2/28	T & Th	7:00–8:00 a.m.	\$60	\$130	\$30
Biggest Loser	1/23–2/27	M & W	12:00–1:00 p.m.	\$60	\$130	\$30
Biggest Loser	1/23–2/27	M & W	5:30–6:30 p.m.	\$60	\$130	\$30
Brighton Yoga (Kripalu or Hatha)	1/23–2/27	M & W	12:00–1:00 p.m.	Free	\$60	\$30
Brighton Yoga (Kripalu or Hatha)	1/22–2/28	T & Th	12:00–1:00 p.m.	Free	\$60	\$30
Get Fit Circuit Training	1/23–2/27	M & W	7:15–8:15 a.m.	\$60	\$130	\$30
Get Fit Circuit Training	1/22–2/28	T & Th	5:30–6:30 p.m.	\$60	\$130	\$30
Fit Over 40 Level 2	1/23–2/27	M & W	7:00–8:00 a.m.	\$60	\$130	\$30
Fit Over 40 Level 2	1/22–2/28	T & Th	12:00–1:00 p.m.	\$60	\$130	\$30
Fit Over 40 Level 1	1/23–2/27	M & W	12:00–1:00 p.m.	\$60	\$130	\$30
Fit Over 40 Level 1	1/22–2/28	T & Th	7:00–8:00 a.m.	\$60	\$130	\$30
Lifting 101	1/23–2/27	M & W	4:30–5:30 p.m.	\$60	\$130	\$30
Lifting 101	1/22–2/28	T & Th	6:00–7:00 p.m.	\$60	\$130	\$30
Lifting 101	1/23–2/27	M, W, F	Time TBD	\$80	\$170	\$40
Ultimate Strength and Conditioning	1/24–2/28	M & Th	7:00–8:00 a.m.	\$60	\$130	\$30
Beginner Salsa	1/22–2/26	T	5:30–6:30 p.m.	\$30	\$65	\$15
Advanced Beginner Salsa	1/22–2/26	T	6:30–7:30 p.m.	\$30	\$65	\$15
Beginner Swim	1/23–3/11*	M & W	7–7:45 p.m.	\$60	\$130	\$30
Intermediate Swim	1/22–2/28	T & Th	5:15–6 p.m.	\$60	\$130	\$30

Registration

- Register in person at the Campus Recreation Member Services Office in the Flynn Recreation Complex or call 617–552–0797.
- Limited program availability, so sign up fast. First come, first served. No refunds or transfers.
- Please reference the HEALTHY YOU discount when registering to obtain the subsidy (ALL benefits-eligible employees are able to register). One program registration at the HEALTHY YOU rate per staff member.
- Classes listed are the only eligible programs. For full class descriptions, visit www.bc.edu/rec.