

Spring 2009

## Nutri-Fest

Celebrating Sound Nutrition at  
Illinois State University  
Thursday, April 23  
11:00 a.m. to 1:30 p.m.,  
Circus Room, BSC

Faculty – Staff Wellness  
Celebrates 25 Years  
Serving  
Illinois State University

## Ergonomics & the Seated Worker

Pain and discomfort are signs of an unsafe work area! One-on-one appointments review work postures that increase risks for injury, and offer recommendations for a safer seated work area. Contact Nikki Brauer at 438-8845 to schedule individual meetings or group presentations.

View Recommendations on our website:  
[www.hr.ilstu.edu/wellness](http://www.hr.ilstu.edu/wellness) - view under lifestyle programs.

## Blood Chemistry Screening

Student Health Services Lab

Friday, March 6th from 7:30 - 9:00 a.m.  
Appointments are required. Register by 3/2/09.  
Lipid Profile + Chem 30 – \$32.00  
PSA – \$41.00

Register on-line: [www.hr.ilstu.edu/wellness](http://www.hr.ilstu.edu/wellness)

## Health Status Survey 2009

The Faculty-Staff Wellness Program invites you to take our Health Status Survey. This survey provides us with the information needed to deliver services and programs that address your unique health and wellness issues. **The survey will be open from February 1 – 28.** The survey will be sent via e-mail to those who have not opted out of campus surveys.

## Value Your Health Series

Sessions are held from 12:00–1:00 p.m. in the  
1st West Lounge, Bone Student Center

- 2/4     **Make 2009 Absolutely Divine**  
Debbie Delgado, IdealLife Coach
- 2/25   **Divine 2009 Mastermind**  
Debbie Delgado, IdealLife Coach
- 3/31   **Hormonal Changes and Women's Issues**  
Dr. Sarah Dutta, FACOG, Carle Clinic Bloomington

Register on-line: [www.hr.ilstu.edu/wellness](http://www.hr.ilstu.edu/wellness)

## Iyengar Yoga Class

Iyengar yoga is based on the teaching of living master B.K.S. Iyengar. Noteworthy features of this method of yoga include: suitable for beginner students, emphasis on standing poses to develop strength, stability, stamina, concentration, and body alignment, and the use of props to facilitate learning and adjust poses.

Classes will be led by Allison Bailey, PhD, and will meet Wednesdays **January 28 – April 29 from 6:00–7:30 p.m. in Metcalf 139.** Class will not meet March 11 or April 1. The fee is \$40.00 for all sessions. Contact Nikki Brauer at 438-8845 to register prior to the first class.

## Faculty - Staff Fitness Program

**Water Classes** Metcalf Pool  
 MWF 6:15 - 7:15 a.m.  
 MWF 4:30 - 5:30 p.m.  
 T R 11:30 -12:30 p.m.  
 MWF 3:15 - 4:15 p.m. *Water Walking*

**Lap Swim** Metcalf Pool  
 T R 5:45 - 7:30 a.m.  
 M W F 10:30 a.m. - 12:30 p.m.  
 Sun. -Thurs. 7:30-10:30 p.m. (Offered by  
 Campus Recreation Services)

**Lap Swim** Horton Pool  
 T R 12:00 - 1:00 p.m.

**Strength and Stretch** Metcalf 139  
 M W 5:00 - 5:45 p.m.

**Pilates** 3 W Lounge, BSC  
 T R 12:15 -1:00 p.m.

**Weight Room** Horton 102  
 M - F 12:00 - 1:30 p.m.  
 MW 4:30 - 5:45 p.m.

**Fitness Lab** Horton 319  
 M - F 12:00 - 1:30 p.m.  
 T R 4:30 - 5:45 p.m.

**Yoga**  
 MWF 12:00 - 1:00 p.m. 3 W Lounge, BSC  
 Sat. 8:45 - 10:00 a.m. Metcalf 139  
 Tues. 5:00 - 6:00 p.m. Metcalf 139  
 (Tuesday Power Yoga)

**T'ai Chi I** Metcalf 139  
 Thurs. 5:00-6:00 p.m.

**Badminton**  
 Sunday 2:30 - 6:30 p.m. U-High S. Gym  
 Weds. 8:00-11:00 p.m. Metcalf S. Gym

**Basket ball** Horton N. Gym  
 MWF 12 - 1 p.m.  
 T R 12:15 - 1:15 p.m.

**Table Tennis** Metcalf 139  
 Sat. 7:00 -10:00 p.m.

**Soccer** Metcalf S. Gym  
 Sun. 8:00 - 11:00 a.m.

## Upcoming Events – Mark Your Calendars

**Hypnotherapy** – 1 What is it? How do you already use it in your life?  
 2 -Create the New You - Learning your habits and how they are created?  
 Dates: **March 10th and 24th** from 12:00 - 1:15 p.m. in 1st W Lounge, BSC  
**Register on-line: [www.hr.ilstu.edu/wellness](http://www.hr.ilstu.edu/wellness)**

**ARC Blood Drive**—Wednesday, April 15 from 10:00 a.m. – 3:00 p.m. in the  
 1st West Lounge, BSC. Registration opens in March 2009.

## ISU Family Day at the Children's Discovery Museum

Our 4th event held at the museum is upon us!!! Faculty & Staff and their immediate family members are invited to share an afternoon at the Children's Discovery Museum in Uptown Normal. The first 130 individuals registered will receive free admission on **Sunday, April 5, 2009** from 1:00 - 5:00 pm. Sack lunches may be purchased for \$5.00 / lunch. Lunches are provided by Avanti's and include: 1/3 of a Gondola, baked chips, cookie, and a juice box.

Contact 309-438-7003 to reserve your space.

## Family Swims-Metcalf Pool

Bring the family for some wet fun! All swims are held in the Metcalf pool from 1:30 – 3:30 p.m. on the following dates: **January 24, February 8 & 21, March 1 & 28, and April 4 & 19.** Lifeguards will be on duty. Parents/guardians must remain in the pool area. Families are encouraged to bring flotation devices. Enter through the west door off the parking area that faces Main street.

**Register on-line: [www.hr.ilstu.edu/wellness](http://www.hr.ilstu.edu/wellness)**

## Massage - F/S Commons Conference Room, BSC

The Wellness Program and Aches-Away continue to partner to offer massage on campus. Appointments are \$15.00/15 minutes. Schedule appointments between 10:00 a.m. and 2:00 p.m. on the following dates: **January 28, February 10 & 26, March 18 & 31, April 6 & 22, and May 13 & 28, 2009**

**Register on-line: [www.hr.ilstu.edu/wellness](http://www.hr.ilstu.edu/wellness)**

### Wellness Program Staff

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