



# Wellness in the Workplace & Fitness Center Program

To obtain a healthy lifestyle you should know the facts and then put them into practice. With the **Wellness in the Workplace & Fitness Center Program** you are required to complete 6 hours of Wellness in the Workplace, LLC lectures and 5 hours of instructed Fitness Center use to earn 75 *Health is Wealth™* points.

## *Wellness in the Workplace, LLC (6 Hours Required)*

**Wellness in the Workplace, LLC** is a series of educational lectures on various health related topics given by highly qualified motivational speakers. The goal of these lectures is to provide you with opportunities to learn about the ways to deal with the different aspects of life before they affect your health. The 90-minute lectures are broken down into three categories and include:

<p><i>General Health &amp; Diet</i></p> <ul style="list-style-type: none"> <li>• Eating for Energy</li> <li>• Sugar Blues</li> <li>• Healthy Myths</li> <li>• Men's Health</li> <li>• Learn Self-Hypnosis to Make the Healthy Changes You Desire</li> </ul>	<p><i>Life &amp; Work Balance</i></p> <ul style="list-style-type: none"> <li>• Stressed Out Children &amp; Stressed Out Parents</li> <li>• How to Handle Frustration and Anger in You or Someone Else</li> <li>• Dealing with Loss</li> <li>• Simplifying Your Life</li> </ul>	<p><i>Financial Wellbeing</i></p> <ul style="list-style-type: none"> <li>• Getting Out of Debt</li> <li>• Financial Wellness in Your 20's and 30's</li> <li>• Financial Wellness in Your 40's and Above</li> <li>• Planning for Your Future</li> </ul>
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We welcome your spouse and dependent children to attend with you.

### *Guidelines*

- Four different 90-minute educational lectures will complete your 6 hour requirement for Wellness in the Workplace, LLC.
- You may attend as many 90-minute educational lectures as you wish; however, you are required to be on time since late arrivals will not be admitted.

## *Fitness Center Use (5 Hours Required)*

The IGHL **Fitness Center** helps you lead a healthy lifestyle by providing you with access to a wide range of exercise equipment, group classes, personalized training, fitness assessments, exercise challenges and weight loss programs—all for FREE! For your 5 hours of Fitness Center use you may select from:

<ul style="list-style-type: none"> <li>• Any classes on the schedule</li> <li>• Fitness assessments</li> <li>• Family fun night</li> </ul>	<ul style="list-style-type: none"> <li>• Personalized cardio or strength workouts (conducted in groups of three)</li> <li>• Specialized group sessions</li> </ul>
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### *How To Participate*

Complete 6 hours of the **Wellness in the Workplace** and 5 hours of the **Fitness Center Program** and you will receive 75 *Health is Wealth™* points for 2011. To sign up for these programs, please call Human Resources at 878-8868 ext. 223.