



## HEALTH & WELL-BEING RESOURCE GUIDE

Looking for credible health information? Look no further than the UI Health and Well-Being Resource Guide. Find us from [www.uiowa.edu/hr/wellness](http://www.uiowa.edu/hr/wellness). Find links to UI and other resources in areas like:

- \*Stress Management*
- \*Health Conditions*
- \*Nutrition*
- \*Physical Activity and Exercise*
- \*Preventive Health*
- \*Organizing your Life*
- \*Tobacco Cessation*
- \*Mobile Apps*



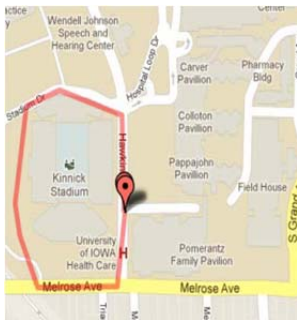
## SUMMER OPEN HOUSE MEETINGS

Members are needed so that two campus Weight Watchers groups can continue to meet. Register online – instructions available from [www.uiowa.edu/hr/wellness](http://www.uiowa.edu/hr/wellness).

**UIHC Open House** – Wednesday May 30 12:00-12:30 p.m., Elevator L, Lower Level, PFP, Braley Auditorium

**UCC (East Campus) Open House** – Thursday June 7 12:00-12:30 p.m., University Capitol Centre Executive Board Room, 2<sup>nd</sup> Floor

## CAMPUS WALKING ROUTES



You know that there are thousands of unique and beautiful walking routes on campus right? Whether contemplating the cosmos, admiring the Iowa River, people-watching, or getting your cardio in, walking is one of the best things you can do for your body and mind.

**Campus Walking Routes** (indoor and outdoor)  
[www.uiowa.edu/hr/wellness/resources/maps](http://www.uiowa.edu/hr/wellness/resources/maps)

**Make Your Own Route**  
[www.gmap-pedometer.com](http://www.gmap-pedometer.com)



10,000 steps is approximately 5 miles  
Walking is the most popular form of exercise  
Brisk walking reduces body fat, helps blood pressure, increases HDL cholesterol, and reduces the risk of bone fractures.

## FITNESS CLASSES TO SUIT YOUR BUSY LIFE!



Recreational Services offers dozens of fitness classes to suit the busy schedules and shifts of UI faculty and staff. A few class examples are:

- \*Studio Cycle, a 45-min class @ Field House on Fridays at 12:15* | *\*Aqua Zumba, a 45-min water class @ CRWC on Wednesdays at 5:30 p.m.* | *\*30+ Functional Core, a 45-min beginner class that focuses on abs and back @ CRWC on Saturdays at 9:30 a.m.* |

INFORMATION ABOUT THE RECREATION MEMBERSHIP INCENTIVE PROGRAM FOR UI FACULTY AND STAFF CAN BE FOUND AT [WWW.UIOWA.EDU/HR/WELLNESS](http://WWW.UIOWA.EDU/HR/WELLNESS).



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