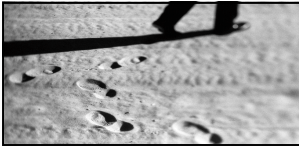


SMALL STEPS TO BETTER HEALTH



No time to fit fitness into your schedule? Cardio Core™ BootCamp, in partnership with Healthy Workplace, is offering a 4-week fitness program to the McMaster community! This will allow you to incorporate an exercise program into your work-day so you can spend more time with your family and friends after work.

Whether you are a beginner and want to kick start your fitness routine or are a veteran to an active lifestyle and want a new challenge, this program will cater to your fitness level. Highly qualified Cardio-Core™ Trainers will challenge you with functional training through circuits, intervals, obstacles, agility drills, strength training, stability ball, pilates, yoga and improved stretching techniques, giving your mind and body the optimal fitness experiences.

# Wellness Weekly

## Cardio-Core™ Fitness BootCamp Comes Back to McMaster!



The program includes a fitness evaluation involving a consultation with your trainer about your personal goals, measurements and a fitness challenge at the beginning and end of each four week session. Nutrition counseling and discounts are also available.

McMaster Pricing has been discounted by 10%! Cost for the 4 week program is \$126.00 +tax per person. Sessions will run Wednesdays and Fridays from 12:15 -1:00 at the Faculty Hollow. Can't make a session?? Makeup sessions are available at any Hamilton Cardio-Core™ Location. A minimum of 15 registrations are required to run the program.

For more information or to sign up contact Krysta Clark, Healthy Workplace Coordinator at extension 23275 or by e-mail at [healthyworkplace@mcmaster.ca](mailto:healthyworkplace@mcmaster.ca).

**Program begins Wednesday June 16th. Register today!**

## IT'S COMING...

### Financial and Life Planning Workshop

Monday May 17th, 2010, 8:15a.m.-4:00p.m. Deadline to register is May 13th, 2010. For more information or to register visit: <http://www.workingatmcmaster.ca/link.php?link=professional-development:financial-life-planning-schedule>

### MActive Party!!

**Come on out and celebrate your success! Fun, prizes, and more!**

When: Wednesday May 19th– Main Campus (Grass in front of Burke Science Building)

Thursday May 20th– DTC (Front Lawn at DTC)

Time: 11:30am-1:30pm (Drop In Event)

For more information visit [www.workingatmcmaster.ca/mactive](http://www.workingatmcmaster.ca/mactive)



### Smoking Cessation Lunch n' Learn!

Ready to quit smoking? Not ready to quit but want some information? Want to help someone quit smoking? Monica Bennett from The Smokers' Helpline will be on campus to provide information and resources to help you on your journey to living smoke free!

Date: Thursday June 24th 2010

Time: 12:00pm - 1:00pm

Speaker: Monica Bennett (Smokers' Helpline)

Location: MDCL 1105

For more information or to register, please visit:

<http://www.workingatmcmaster.ca/register/register.php?event=Smoking%20Cessation>

**Please bring your own lunch to the event.**

THE WELLNESS WEEKLY IS WRITTEN BY **KRYSTA CLARK**, HEALTHY WORKPLACE PROGRAM COORDINATOR

NOTE: THE CONTENTS OF THE WELLNESS WEEKLY ARE INTENDED FOR GENERAL INFORMATIONAL PURPOSES AND ARE NOT A SUBSTITUTE FOR PROPER MEDICAL ADVICE. PLEASE CONSULT YOUR FAMILY PHYSICIAN OR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY EXERCISE REGIME—ESPECIALLY IF YOU ARE: PREGNANT, NURSING OR HAVE CHRONIC HEALTH CONCERNS. DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN AND SEEK IMMEDIATE MEDICAL TREATMENT.

