

Next Steps...

So you enjoyed working out and feeling good? Wondering how you can continue to make gains in your physical fitness? Here are some **great tips**:



If you enjoyed **Hamel Rec Center**, obtaining a membership is easy. Daily guest passes or fiscal year memberships can be purchased at the front desk.

Did you know that Harvard Pilgrim HealthCare subscribers are eligible for up to a \$500 benefit per year for a health club membership through the **Wellness Connection**? Choose to join the Hamel Rec Center or another participating club.

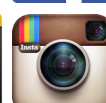
The **Wildcat Workout Project** offers employees a free, boot camp-style fitness class Monday-Friday for the Spring 2015 semester at the Field House. Beginners and all fitness levels are welcome.

The **Healthy UNH Outdoors** with Campus Recreation offers employees a chance to try cross-country skiing and snowshoeing during February. These exciting clinics provide equipment and lessons at no charge.

Kinesiology's **Employee Fitness Program** provides a **workout facility** with a wide variety of state-of-the-art aerobic, strength, and balance exercise training equipment has extended hours to accommodate employee schedules.

Swasey Indoor Pool offers employees a great low-impact option for fitness. Full time benefits-eligible employees can use the pool at not cost. A required sticker can be received at Campus Recreation Lap swim and family swim are open to employees that obtain a membership or pass.

#UNHemployee



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