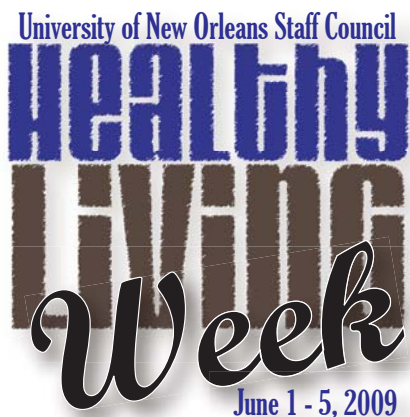


PLEASE POST

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The UNO Staff Council presents the first ever Health Living Week at the University of New Orleans. We will feature daily speakers, healthy activities, a Healthy Living menu during lunch in The Galley and culminating with the Staff/Faculty Volleyball Tournament on Friday.

All Week - June 1 - 5, 2009

Work out at the Recreation and Fitness Center - FOR FREE

UNO Staff that are not members of the UNO Recreation and Fitness Center can work out once a day all week to get a feel for this state-of-the-art fitness facility. When you finish your week, you can sign-up for the 99 days for \$99 dollar summer special. You must have a current UNO Staff Identification Card to enter. Only one visit per day.

Take a Walk around Campus

We will meet everyday (except Friday, June 5) between 4:30 and 4:45 pm at the Recreation and Fitness Center for a 1.25 mile walk around the perimeter of the campus. This is a great way to get your workout program started and meet other staff members that you have never met before. You may get into the habit to do this a few times a week after work.

Daily Activities

Each day at lunch we will feature a speaker or seminar leader to share general health information and/or provide demonstrations of how we can all live a healthier life. Grab a lunch item from the ARAMARK Healthy Living Menu in The Galley or "Brown Bag" it and bring it with you to the RIS Snack/Smoothie Bar.

Monday, June 1

12 pm - 12:45

Basics of Yoga - For General Health and Stress Relief
Recreation and Fitness Center Snack/Smoothie Bar

Take a Walk on Campus
Meet in front of Recreation Center between 4:30 and 4:45

Tuesday, June 2

12 pm - 12:45

Eating Healthy. Eating Right. Nutrition for Healthy Living
Recreation and Fitness Center Snack/Smoothie Bar

Take a Walk on Campus
Meet in front of Recreation Center between 4:30 and 4:45

Wednesday, June 3

12 pm - 12:45

What me STRESSED? Stress Relief and Relaxation.
Recreation and Fitness Center Snack/Smoothie Bar

Take a Walk on Campus
Meet in front of Recreation Center between 4:30 and 4:45

Thursday, June 4

12 pm - 12:45

Discussions on Healthy Living
Recreation and Fitness Center Snack/Smoothie Bar

3 pm - 3:50 pm

Counseling Services Relaxation Session
Kirschman Hall Room 401

Take a Walk on Campus
Meet in front of Recreation Center between 4:30 and 4:45

COMING SOON

Faculty & Staff Volleyball League

Intramural Sports is announcing a summer faculty/staff volleyball league for Summer 2009. Details coming soon.

Friday, June 5

12 pm - 12:45

Introduction to Weight Bands
Recreation and Fitness Center Snack/Smoothie Bar

UNO Healthy Living Staff Volleyball Tournament

Even if you're not playing, come watch the spectacle.
4:45 pm - HPC Building

- 6-on-6 volleyball tournament
- Single Elimination (2 out of 3 games)
- Rally Scoring - Games to 15 (win by 2)
- Teams can be made up of UNO Staff, Faculty, GA's or TA's
- Each team must include at least one female member
- Email your team name and team members to leonard.williams@uno.edu by end of day Thursday, June 4.
- Aspirin and Advil suggested but not provided