



Greatest Loser Week 1 Results!

Green Team: 388 Points; Top Performer:
Geri Viney

Black Team: 527 Points; Top Performer:
Carol Link

Gold Team: 292 Points; Top Performers:
(tied) Carolyn Archer and Paul Karchin

Calendar of Events

May

- 2 Greatest Loser Registration Deadline
- 3 Fit Ball
- 7 Greatest Loser Starts
- 8 Mythbusters
- 9 Sun Salutations
- 10 Investing 101
- 11 Walk for a Cause
- 12 Heart Walk
- 17 Get Your Heart Pumping
- 22 Resistance Training
- 25 Walk for a Cause
- 26 Race for the Cure
- 30 Lower Extremity Edema

To pre-register for an event follow these simple steps:

- 1) Log on to Pipeline
- 2) Click "Employee" tab
- 3) Click "Training Seminar Workshop" burgundy icon
- 4) Scroll down to "Wellness Warriors" category and click on your choice of events.



This newsletter is brought to you by:
Total Compensation and Wellness
5700 Cass Avenue
3638 Academic and Administration Bld.
wellness.wayne.edu

Wellness Bucks Tally Sheet Deadline:

April: Closes May 11
May: Closes June 8



Have you started your free Wellness Coaching with Ulliance? Call 888-699-3554 to get started!

KEEP AN EYE ON IT

This section will bring you events, competitions, current winners and more.



<http://tinyurl.com/cnz8z16>



<http://tinyurl.com/bvjdafn>



<http://tinyurl.com/7f9yags>

Wellness Warriors Question of the Month

Q: Do I get to use the Mort Harris RFC for free?

For any Wellness Warriors-specific programming such as Wellness Warrior Events, personal training, a fitness assessment, and a nutrition consultation, you will be able to enter the Mort Harris Recreation and Fitness Center at no charge. **Wellness Warriors are not required to have a membership.**

If you want to work out on a regular basis, however, you will need to purchase an employee membership to the Mort Harris Recreation and Fitness Center [currently \$120/year for Wellness Warriors (first time members only)]. Free access is provided to confirmed Wellness Warriors participants for Wellness Warrior programs or activities only. **Many of our previous Wellness Warriors utilized their cash incentives to pay for their memberships.**

For more FAQ: <http://wellness.wayne.edu/faq.php>