



National Employee Health and Fitness Day
May 19, 2010



Employee Health and Fitness Day

Healthy You @ RSU May 2010

The importance of good health and exercise affects more than just your physical wellbeing - it also has far reaching benefits for your state of mind, increases your productivity, enhances self-esteem, and more.

This National recognition was founded in 1989 by the National Foundation for Health & Fitness and observed on the third Wednesday in May.

The theme this year is "It's time to feel good."

Three key changes to improve your health are:

- Move More
- Eat Smart
- Be Tobacco Free

Ways to Move More:

- Take advantage of Claremore Super Recreation Center
- Take a walk around the nature reserve
- Take a walk across campus or on the track
- Take a walk around your building on your lunch hour

Ways to Eat Smart:

- Start your day with a fruit for breakfast
- Drink 6-8 glasses of water each day
- Include 2 portions of protein daily
- Take advantage of fresh garden vegetables this time of year

Ways to become Tobacco Free:

- Contact the Student Health Center for free smoking cessation information