



### *"PSU - A Great Place to Live, Work and Play"*

Summerfest 7/23/14 ~ 11:30-1:00

Stop by our Healthy PSU display to enter to win a give-a-way prize, drop off your healthy recipe for consideration in our HPSU cookbook coming out in November or to try out our new gliding discs equipment.

## Healthy Resources

[SHARING SUCCESSES!](#)  
[New Session Starts July 24 - Join NOW!](#)

### **weightwatchers health solutions**

Weight Watchers At Work meets weekly on Thursdays at 12:30 at Frost Commons. All PSU employee can attend one At Work meeting at no-cost! The current At Work group meets through July 17 and have lost a combined 215.6 pounds to date! BRAVO!

Come to Frost Commons at 12:00 to register -  
The session registration fee is \$156 for the 12 week series AND it includes 14 Weeks FREE eTools!! Harvard Pilgrim members can have this registration fee refunded to them as part of the USNH health education benefits after attending 75% of the weekly meetings.

## **HPSU Summer Group Exercise**

~ HUB Fitness ~

Through July 31

It's never too late to  
join a class!

**Register Now**

### **SPIN**

*Mondays 12:05 pm  
Wednesdays 6:45 am*

### **TABATA**

*Tuesdays/Thursdays 6:45 am*

### **YOGA**

*Tuesdays/Thursdays 12:05 pm*

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**Quick Links**

Wellness Connection: [www.usnhwellnessconnection.com](http://www.usnhwellnessconnection.com)  
(\$200 per year reimbursement is allowed.)

**Testimonial:**

"In this first session, under Prudy's leadership, I've lost 18 pounds! I attribute it to the weekly accountability on the scale, but even more so to the weekly affirmation I get from the group of both new and old PSU friends and colleagues. We are in this together and their encouragement, support and understanding reminds me every single day that a healthier me is both attainable and sustainable. You deserve that too--come join us!"

**BE ACTIVE: WALKING FOR WELLNESS**

**Wednesday August 6, 2014**

**Next Healthy PSU Designated Sneaker Day!**

Meet at Noon in front of the HUB and go for a walk!

***WANT TO TRY SOMETHING NEW?*** Try paddle boarding with NE Outdoor Sport / Erin Colon on Stinson Lake: [neoutdoorsport@gmail.com](mailto:neoutdoorsport@gmail.com) or (407) 342-8253

CONTACT US

CENTER FOR ACTIVE LIVING  
AND HEALTHY  
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HARVARD PILGRIM USNH  
WELLNESS CONNECTION

*Stay Connected*



*Have a Safe, Happy,  
Healthy Summer!*

*The Healthy PSU Steering  
Committee & Wellness  
Champions*

