



2013 A Healthy New YOU Expo

January 10, 2013

Cox Hall

3rd Floor Ballroom

9:30am-5:00pm

If you can take an hour out of your day **OR** even if you can just drop by for 5-10 minutes...come out and help make the 1st annual *Healthy New YOU Expo* a great success!

DOOR PRIZES!

FOOD SAMPLES!

GIVEAWAYS!

SCHEDULE OF EVENTS

9:30am - 10:15am

Cox 1



SESSIONS:

Stress Less in 2013!

Emory FSAP Clinician

Did you spend most of 2012 stressed out and want to make a change for 2013? Attend this fun and interactive workshop where you will learn how to identify your stress triggers, both personal and professional. Participants will also have the opportunity to practice techniques used to relieve stress and improve overall wellness.

Cox 3



Fitness 101

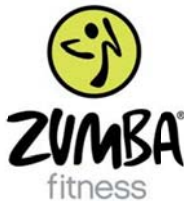
Beth Kinkade

Blomeyer Health Fitness Center

Ready to start of the new year by getting in shape? But not quite sure how to get started? If you have any questions about working out...this is the session for you. Beth will provide valuable information about the health benefits of working out and what type of exercise might be best to help you reach your fitness goals. Exercises that you can do in a fitness facility and at home will also be covered.

10:00am - 10:45am

Cox (Main Room)



Zumba with April

Are you ready to Zumba®? Come show off your Latin-inspired dance moves and burn off some calories! Join our morning dance party and go back to work feeling energized and refreshed! ***Make sure you bring sneakers or other lace-up comfortable shoes.***

2:00 - 2:45pm
Cox (Main)



Yoga with Michael

In need of a mental break and a low impact activity to improve your body's overall wellness? Try our yoga class this afternoon! Yoga is designed to strengthen the body's ability to maintain proper health of the muscles, joints and spine while relaxing the mind. It's a great way to improve posture, balance and coordination, as well as a stress-buster. **Please bring a yoga mat or a large bath towel to lay on the floor for this class.**

3:00 - 3:45pm
Cox 1



SESSIONS:

Exposing the Truths & Myths about Nutrition and Diet Advice

Let's make a pledge together....no fad diets, magic pills, or miraculous shakes to start off our wellness plan for 2013! Come learn what disadvantages come along with the latest fad diets that are out there and how they can really sabotage your journey to wellness. Also, Tiffany

Tiffany Barrett, MS, RD, LD

Clinical Dietitian at Winship Cancer Center

Cox 3



Physical Activity

Congratulations! You have made improving your physical fitness level a goal for the new year! This session should get you on the right path to accomplish that goal. In this interactive session, Cody will discuss the health benefits of cardio exercise and provide tips in how to begin a workout plan and maintain it, so that you can reach your desired fitness level.

Cody Chiarello

Blomeyer Wellness Associate

4:00 - 4:45pm
Cox (Main)



Bootcamp Class with Warin

Ready to get serious about your fitness goals in 2013? Come try this challenging class consisting of jumping rope, running, kick boxing, and/or other cardio activities with alternating segments of weight training utilizing your own body weight. If you have ever seen a boot camp class advertised...come get a taste!

DIRECTIONS

From Asbury Circle, enter the building on the second floor and take the elevator next to the computer center to the 3rd floor.

From Emory University Hospital, walk through the Tunnel (T-Level) to Cox Hall and take the elevator next to the computer center to the 3rd floor.