

Fitness & Wellness Programs

Spring 2018

Sweat Equity “SE” Point Wellness Program (Employees/Retirees Only)

The Sweat Equity program provides a system of points where faculty, staff, retirees and spouses can earn discounts on their Rec Center membership. By participating in wellness programs, you can earn “Sweat Equity” points that can be cashed in for a discounted rate on your membership. Sign up through our website at www.semo.edu/recservices and find out how many points each activity you do is worth!



Wellness Warrior Challenge

Do you have what it takes to be considered well-rounded? This wellness incentive is designed to help motivate the Southeast community to be more active and live a healthier lifestyle. You simply go online and check off your points every week depending on what fitness and wellness activities you took part in. This 10-week challenge can be done as a team or individual effort. We are using the honor system when it comes to logging your points so please make sure you are truthful when answering the questions. Your goal is to add up points each week and strive to build a healthier you! There will also be a bonus challenge every week. Sign up through our website at www.semo.edu/recservices. Registration opens on January 16 and challenge begins on January 29.



Build A Better You!

Looking to get on a regular health and fitness program this spring? Join Southeast’s senior Exercise Science and Dietetics student to get that health plan back in check. This program is based upon a first come, first serve basis. The program includes:

- 3 Personal Training Sessions per week (11 spots open)
- 4 One-on-One Nutrition Counseling Sessions with our senior Dietetic majors (13 spots open)
- Pre/Post Assessment and Body Comp Measurements

Cost is \$30.00 for a SRC member and \$45 for a non-member. To sign up, please go online to our website at www.semo.edu/recservices under Incentive Programs - Build A Better You or contact Sara Waggoner at swaggoner@semo.edu.



Motion Walks at the Rec (Employees Only)

If you are participating in United Health Care’s “MOTION” program, Recreation Services is going to make it a little bit easier for you! All faculty and staff will be allowed to walk on the indoor track at the Student Recreation Center during lunch time and evening hours to help promote this program and help make Southeast a more active campus. Come in and earn your “I” goal by getting in your 3000 steps in less than 30 minutes. We also have “Around Campus Walking Routes” listed on our website at www.semo.edu/recservices under our Fitness and Wellness Incentive page so feel free to print them out and plan your weekly walking regimen!



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SPRING 2018

20 - 40 - 60 Group Fitness Challenge

Attention all Group Fitness Groupies out there! Beginning January 29, ask your Group Fitness instructor for a punch card. Every class you take you'll get a punch and once you have 20 punches you will qualify for a special prize. There are 3 challenge punch cards total throughout the semester. This challenge will go from January 29—May 4.



Personal Training Program & Free Fitness Orientations

We offer a variety of personal training services tailored to your individual needs. Whether you want to learn a proper way to exercise, workout with your friends or get a little bit of extra motivation from a certified professional, we have something for you. Each session is one hour, but 30 minute sessions are available. All of our trainers are certified through ACSM or ACE. To register, go online to www.semo.edu/receservices to fill out a Schedule an Appointment form or email Sara Wagganer with questions at swagganer@semo.edu.



Services Available:

- *Free Fitness Program Orientations
- *Fitness Assessments
- *One on One Personal Training
- *Small Group Personal Training (2-4 people)
- *Body Fat Testing
- *Fitness Program Planning and Evaluation

Redhawk Health Educators

The Redhawk Health Educators are a group of Southeast students who are Certified Peer Educators and ready to help you with a health or wellness problem or available to speak to your group about a particular topic. We provide education, presentations and one-on-one consultancy on topics such as alcohol, tobacco use, sexual health, balancing a college life, homesickness, stress, etc... Please visit our website at www.semo.edu/peered to sign up for a program or email the advisor at swagganer@semo.edu.



Smoking and Tobacco Cessation Program

Campus is officially tobacco free! Are you trying to finally quit the habit? Let us coach you through! Recreation Services and Counseling and Disability Services are partnering up this semester to offer free smoking cessation coaching. Come and meet our coaches and learn how to quit for good. If you are a student, contact the SAPE program at ucs@semo.edu OR if you are faculty/staff contact Sara Wagganer at swagganer@semo.edu.

