The road to a HEALTHY YOU begins with one step.

As the second semester gets underway we hope you participate in some events that will be held on campus over the semester to help you find your path to greater health and well-being.

These programs are offered in partnership with Harvard Pilgrim Health Care and The Boston Consortium for Higher Education’s HEALTHY YOU program. Boston College Bookstore raffle prizes will be provided at all sessions. Lunch will be provided at all Shea Room sessions. Raffle tickets for each event will be included in our grand prize drawing at the end of the semester to win an iPad. For more information on the Boston College HEALTHY YOU program for faculty and staff, visit www.bc.edu/healthy-you, www.harvardpilgrim.org/bostoncollege, or www.healthyyouhmi.org.

**FEBRUARY**

**Go Ahead…Make My Plate** - presentation
February 7
Conte Forum Shea Room
12:00 p.m. – 1:00 p.m.

The old Food Guide Pyramid has taken a backseat to the sleeker ChooseMyPlate icon as the guiding tool for consumers on nutrition. Come learn the updated twists on making healthy food choices easier. Discover that it is more about what to eat and less about what to avoid. With this positive spin on nutrition, ring in the New Year with new ideas for eating healthy.

*Presenter: Sheila Tucker, MA, RD, CSSD, LDN*
Boston College Dietician

**Stress and Meditation** - presentation
February 22
Conte Forum Shea Room
12:00 p.m. – 1:15 p.m.

Stress is a part of life and can motivate us to move ahead. But it can also become excessive. In this workshop, we will discuss ways to reduce stress and will practice a technique called “distraction-meditation.” This method has been used by over 5,000 BC students in the past thirty years and produces powerful relaxation, focused attention, and enhanced good health.

*Presenter: Joe Tecce, Associate Professor,*
Boston College

**MARCH**

**Know your Numbers Biometric Events** - drop in

**MARCH**

**Wednesday March 7**
Recreation Complex
8:00 a.m. – 4:00 p.m.

**Monday March 19**
Heights Room
7:00 a.m. – 3:00 p.m.

**APRIL**

**Tuesday April 17**
Murray Function Room
9:00 a.m. – 5:00 p.m.

**Wednesday April 25**
2101 Commonwealth Ave
7:00 a.m. – 10:00 a.m.

**Wednesday April 25**
Barat House
11:00 a.m. – 3:00 p.m.

Featuring **Biometric Screening, Online Health Questionnaire and Health Coaching.** Your cholesterol, blood pressure, blood sugar and body mass index measures are key indicators of your risk for major illness. Harvard Pilgrim clinical staff will provide a free screening of these key numbers for employees.

Register for HEALTHY YOU Sessions in person in the Campus Recreation Member Services Office, call (617) 552-0797, or e-mail Campusrec@bc.edu.
Earn your $75 Visa gift card and complete the health questionnaire (HQ). You can use your numbers to then take Harvard Pilgrim’s HQ. Completing the HQ is voluntary. Responding to the confidential HQ can provide you with valuable information about your health and lifestyle.

Make a Plan with a Health Coach and Earn $50. A certified Harvard Pilgrim Health Coach helps Harvard Pilgrim members set and achieve health goals related to blood pressure control, weight management, exercise, cholesterol management, nutrition and smoking cessation, as well as stress reduction and life balance.

The biometric screenings, HQ and health coaching are confidential and will be conducted by Harvard Pilgrim. Boston College does not have access to your personal health information.

Incentives are available for both employees and spouses. For more information, visit www.bc.edu/healthy-you.

2 TIPS TO HELP TAKE THAT FIRST STEP

» Put these activities in your calendar now. Schedule them as you would a professional meeting.

» Find a buddy. Talk to a colleague about the activities and commit to attend together.

2012 FITNESS PROGRAMS

We are committed to making a difference in the quality of employees’ lives by offering a diverse selection of fitness programs at the Flynn Complex and Quonset Hut. Take advantage of this important health enhancing benefit and enroll in a class below that is compatible with your interests and lifestyle.

Visit http://www.bc.edu/campusrecreation.

**Group:**
- BC-X Fit Spinning Express
- Cardio Jazz Funk Spinoga
- Chiseled Step & Sculpt
- Core Fusion Street Hip Hop
- Hatha Yoga Sunrise Yoga
- Iyengar Yoga Total Body Conditioning
- Kick & Sculpt Vinyasa Yoga
- Kickboxing Vinyasa Flow
- Power Pilates X-Fit
- Power Yoga Zumba
- Spinning

**Small Group:**
- Biggest Loser Lifting 101
- Fit Over 40 Triathlon Training
- Fitness 101 Ultimate Strength and Conditioning

For descriptions of these and additional programs added during the semester, visit www.bc.edu/campusrecreation/fitness/programs.htm or www.bc.edu/bc_org/ath/plex/fitness/spring2012.pdf.

Register for HEALTHY YOU Sessions in person in the Campus Recreation Member Services Office, call (617) 552-0797, or e-mail Campusrec@bc.edu.

Free online videos to improve your health!

Visit www.harvardpilgrim.org/bostoncollege for links to these brief online videos:
- Back Care Basics
- Diabetes Portion Control
- Everyday Stress Management
- Strategies for Quitting Smoking
- Mindfulness
- Yoga video