Who: All full time staff and faculty at NMU

What: The goal is to educate our NMU faculty and staff with health and wellness information by coming to your department. The sessions are usually presented during the staff and faculty lunch hour, last about 20 - 30 minutes, and are physically and mentally engaging.

Below is a list of exercises and wellness discussion topics that are available to choose from in sessions of 30 minutes or less. Previous experience is not necessary because classes are modified for each participant.

Possible exercise introductions include, but are not limited to:

- Pilates/Yoga
- Cardiovascular endurance
- Stretching & foam rolling
- Upper and lower body strengthening
- Balance
- Plyometrics
- Abdominal strengthening
- Exercises and stretches at your desk
- Self massage techniques
- Meditation and other relaxation techniques

Possible wellness discussion topics include, but are not limited to:

- Common health terms
- Benefits of exercise physically and mentally
- Blood pressure
- Risk factors of cardiovascular disease
- Chronic disease prevention
- Healthy eating habits and tips
- Healthy fall/winter/spring/summer recipes

Where: Wherever you are! We will bring the discussion and activities to you and your department!

When: Presentations and activities are arranged upon request and around the availability of instructor and department. Please e-mail wellness@nmu.edu to schedule your departments’ next Get In, Get Out, Get Well presentation.
**Why:** Why not? Each presentation is tailored to meet your department’s needs! Whether you want to get up and get moving with each other for a bonding experience or whether your department seeks educational information on how to live a healthier lifestyle, NMU Employee Wellness is dedicated to giving you safe and reliable information to promote healthy lifestyles.

**How:** Fill out the following form and e-mail it to wellness@nmu.edu to get your department involved!
Get In, Get Out, Get Well Scheduling Form

Name:________________________________________

E-mail:______________________________________

Department:_______________________________

Phone:_____________________________________

What type of activity or educational presentation would your department like to participate in? Mark one of the following options or write in a different topic.

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- Pilates/Yoga
- Cardiovascular endurance
- Stretching & foam rolling
- Upper and lower body strengthening
- Balance
- Plyometrics
- Abdominal strengthening
- Exercises and stretches at your desk
- Self massage techniques
- Meditation and other relaxation techniques

Other:

Possible wellness topics to discuss, but are not limited to:

- Common health terms
- Benefits of exercise physically and mentally
- Blood pressure
- Risk factors of cardiovascular disease
- Chronic disease prevention
- Healthy eating habits – MyPlate.gov
- Healthy recipes for fall/winter/spring/summer

How many people are expected to attend?

1-5  6-10  11-15  16-20  21-25  26-30  31-35

What are some dates and times that would be ideal for NMU Employee Wellness to come to your department?

________________________________________________________________________________________
Where would you like to have this presentation take place? Does this space need to be reserved?


Why is this educational topic or activity of interest to you and your department?


Any additional comments/concerns:


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wellness@nmu.edu