

Ready to lose weight? The 2017 Weight Race is Here!

Looking to lose weight or maintain your current weight? The Weight Race can provide the extra motivation you need! Throughout the 12-week weight management campaign, participants will receive resources and support to help accomplish their goals. Join as an individual or as part of a team.

Registration: Monday, January 23, 2017 through Friday, Monday, February 6, 2017

Campaign duration: Monday February 6, 2017 through Friday, April 28, 2017

Onsite Weigh-ins: Initial February 6 – 10; Midpoint March 13 - 17; Final April 24 - 28

To register: Log on to my.pitt.edu and follow this path: *MyResources > Human Resources > MyHealth Access > 2017 University of Pittsburgh Weight Race*

Want to Boost Your Efforts? Check out these special sessions & offers!

[MyHealth Weigh to Wellness Onsite Group Sessions](#)

The MyHealth “Weigh to Wellness Weight Management” group is a 9-week program (the first session is an orientation) where participants meet weekly on Tuesday or Wednesday during the weight race to develop skills to better manage their weight. Taelor Vetica, the University of Pittsburgh-dedicated health coach, will facilitate the group. Each participant receives a workbook, pedometer, and tools that accompany the weekly sessions. Taelor will follow up with members to ensure they stay on track and have continued success with their weight management goals.



Registration period: January 23 through January 27

When: Tuesdays, February 14 through April 11 OR Wednesdays, February 15 through April 12

Time: 12:00 p.m. - 1:00 p.m.

Location: First session in 342 Craig Hall (HR Conference Center).

To register: Log on to my.pitt.edu and follow this path: *MyResources > Human Resources > MyHealth Access > Better Health and Wellness > Wellness Event Registration > Pitt MyHealth Weigh to Wellness Onsite Class (skip to available events & click box for session of your choice)*

Register now! Program is limited to the first 20 participants per session.



Benefits has a wellness-dedicated email account!
Send your questions or suggestions to BeWell@pitt.edu.

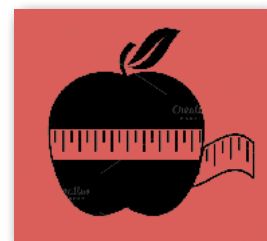
Meet with Your Health Coach!

Taylor Vetica, our onsite health coach, can offer advice and coaching to those with UPMC coverage in the areas of weight management, nutrition, physical activity, stress management and tobacco cessation. She can also offer support and encouragement for meeting your wellness goals. You may schedule time with Taylor on Tuesdays and Wednesdays by contacting the UPMC [MyHealth@Work Health and Wellness Center](#) at 412-647-4949. This service is available at NO COST to full- and part-time regular faculty and staff with UPMC Health Plan coverage.



Stop and Learn Nutrition: You Can't Out Run a Bad Diet!

Physical activity is part of a healthy lifestyle. Completing 30 minutes of activity most days of the week, you can gain rewards such as increased energy, improved blood pressure and positive state of mind. However, you may not lose weight. It's much easier and faster to consume calories than it is to burn them. Stop by to learn about different activities and how long it takes to burn off calories of your favorite foods with Health Coach Taylor Vetica from 7:00 a.m. to 11:00 a.m. on Wednesday, March 15 outside the entrance to the William Pitt Union Lower Lounge.



Free "Fitness Fridays" Classes

The Department of Health and Physical Activity's Fitness Program and BE FIT PITT are offering complimentary "Fitness Fridays" exercise classes every Friday during the Weight Race from 12:00 p.m. to 12:45 p.m. at Trees Hall. Weight Race participants will have the opportunity to participate in a weekly Total Body Training, Indoor Cycling, or "Pick of the Week" exercise class, which will feature offerings such as kickboxing, yoga, Pilates, and more!

**Take advantage of this free opportunity and email befit@pitt.edu each week to book a spot in your favorite class. These classes are very popular with limited space!*



Discounted Gym Membership at Trees Hall!

Weight Race participants interested in engaging in a regular physical activity pattern are encouraged to take advantage of the Health and Fitness Program's faculty and staff fitness center in Trees Hall. Personalized Fitness Programming is included in your membership along with fun challenges and initiatives to keep you motivated. Weight Race participants receive an extra \$5.00 off the membership making it only \$45.00 for access throughout the spring term! For additional information, email befit@pitt.edu.



LifeSolutions Support

LifeSolutions, the University's faculty and staff assistance program, provides a broad range of services to assist faculty, staff, and their household members to balance work and the stresses of daily life. These services are provided to you at no cost, including:

- Personalized WorkLife Referrals (such as: elder care, child care, legal and financial consultation)
- Online WorkLife Resources
- Private and Confidential Counseling, and Coaching Services - in person, telephone, and video counseling options are available

LifeSolutions[®]

LifeSolutions is a resource available to University faculty, staff and their household members that can help pave the way to a happier, healthier, and more productive life at work and at home. This can be an additional resource to help successfully overcome some of the barriers to achieving lifestyle and wellness goals. Contact LifeSolutions at 1-866-647-3432 or www.hr.pitt.edu/lifesolutions.

BE FIT PITT

Burn some extra calories during the workday by taking activity breaks with BE FIT PITT! Trying to become more fit? You may want to join the "Be Fit Pitt" initiative which is part of the Health and Fitness Program offered by the Department of Health and Physical Activity. The initiative aims to assist you in becoming mindful of your health and wellness behaviors. Want in on the action? Sign up for their alerts via text or email:

1. Log in via my.pitt.edu
2. Choose "profile" at top right of portal
3. Choose Pitt Text Message Updates
4. Choose "Health and Fitness Program"
5. Indicate text or email notifications



For more information on the BE FIT PITT initiative, visit www.physicalactivity.pitt.edu/healthandfitness.aspx.

Weight Watchers

For pricing and offers, please call 1-800-651-6000. To find your local center, please visit www.weightwatchers.com.

weightwatchers