



2018 AhealthyU Weigh 2 Win Resources

For more information visit: <https://www.american.edu/hr/AhealthyU/>

Group Exercise Classes May 21 – August 10

Includes Pilates, Yoga, Zumba, Total Body, and more!

Fitness Testing

Complementary fitness assessments for Faculty and Staff members. A great baseline measure when starting a new exercise program.

Gym Memberships

Recreational Sports and Fitness offers a variety of memberships options to AU faculty and staff. Visit <https://www.american.edu/recfit/non-student.cfm> for more details.

American University Fitness Trail

Get fit outdoors with this 1 mile or 2 mile trail right here on campus. Blaze your own trail and discover new spaces at AU. For a map and more details, visit www.american.edu/recfit/walking.cfm

AU RecFit Small Group Training

20% AhealthyU Discount for first training package purchase. Package includes 5 sessions. Offer expires 5/31/18. Email rbeahm@american.edu to schedule.

WeightWatchers® at Work

Join anytime! Weekly lunchtime meetings Thursdays at 12:00pm on main campus.

Nutrition Counseling

Contact Allison Tepper at allisonmtepper@gmail.com to learn about services and discounts.

AhealthyU W2W Facebook Group

Stay in contact with the AhealthyU Weigh 2 Win community and share tips, success, and support with one another!

TDR Meetup

Participate in \$5 Terrace Dining Room (TDR) days every Wednesday, beginning June 6th. TDR is located in the basement level of Mary Graydon Center.

Steps to AhealthyU Pedometer Challenge

The Pedometer Challenge begins May 21st and runs through July 1st. Gather your team of four to track your steps and earn rewards along the way. Registration begins May 1.



Email AhealthyU at
ahealthyu@american.edu



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