Yoga at Messiah?

Many of us pursue our goals of physical and spiritual well-being through a variety of ways. Some activities help us accomplish both of these goals simultaneously. The Christian approach to yoga, for lack of a better term, could be added to the list. Yoga classes like the one being offered at Messiah this spring focus on posture, stretching, strengthening, and breathing. A growing body of research suggests that classes like this can improve mood, clear-mindedness, composure, energy, confidence handling stressful situations, flexibility, and strength. Not a bad list of benefits. Obviously discernment is important in all of life, and certainly yoga is not without controversy among Christians. But the term itself is defined so broadly in the West, that each class approaches the activity in a completely unique manner. We encourage you to check out Messiah Yoga, led by Dr. Linda Henninger, (a ‘Messiah parent’) on Wednesdays from 12:00-12:45 PM in Hostetter fellowship hall beginning March 26. Register now, ($15.00 fee for the 6 weeks) in the fitness center.

Messiah Employees Top the 30,000 Mark!

Since September Messiah employees participating in the physical activity program titled Messiah Goes to the World Cup have collectively reported the equivalency of over 30,000 miles of exercise. For every 4800 miles, (the distance from Grantham to Brazil) we symbolically ‘send’ a male soccer player to Brazil in honor of next summer’s World Cup. So far we have ‘sent’ 6 players.

Employees receive 30 wellness points for recording their workout minutes or miles during a 6-week phase on the Café Well recording site. The final 6-week phase begins on March 30. If you have not participated in the past but want to join for the last phase, email Doug Miller (dmiller@messiah.edu) and he’ll help get you registered.

Spring Pilates

A 6-week spring Pilates class will begin on Tuesday, March 25 from 11:30-12:15 in the Hostetter Fellowship Hall. The class will run for 6 consecutive Tuesdays. The $15.00 registration fee covers all 6 classes and must be paid in the Fitness Center prior to attending class. The class will be taught by certified Pilates instructor and HHP adjunct professor, Mindy Smith. This class is open to all levels.

Messiah Team Triathlon – May 3, 2014 @ 9 AM

Pick up registration forms in the fitness center or register online at http://www.messiah.edu/offices/engle_center/wellness/triathlon/.

Biometric screening spots still open

Employees can still register for the biometric screening (glucose, total cholesterol, HDL, and triglycerides) to be held on Friday, April 4th, in Jordan 161. Employee cost is only $15.00, results are completely confidential, and two copies will be mailed to your home. A 10-hour fast is required prior to the actual blood draw. To register go to McSquare – Employee Homepage- scroll down until you find the registration option titled Wellness Biometric Screening. Sign up for an available 5-minute time slot. Employees who participate will receive 30 wellness points.

Complete Your Wellness Form!

Google Messiah Wellness or go to http://www.messiah.edu/offices/engle_center/wellness/ for more details on how you can get 100 wellness points, and health insurance premium savings for next year. Completion forms can be found at that site and must be returned to Doug Miller by June 15, 2014.

Upcoming Wellness Workshop You Won’t Want To Miss!

Presenter: Eldon Fry

The workshop will be held in Parmer Cinema and will earn employees 15 wellness points.

Previous workshop videos are now available for viewing (max of 45 pts for viewing or attending 3 workshops)
Go to McSquare-Employee Quicklinks-Wellness Workshops