

COMMUNITY RESOURCES

Fitting fitness and wellness activities into your life may seem like a difficult task due to time constraints and obligations to other responsibilities, but there are many resources right at your fingertips to help you achieve overall health and wellness!

Listed below are community resources and discounted items that will make it easier to fit fitness, healthy eating, and an overall healthy lifestyle into your daily life!

SCSU, AREA, AND COMMUNITY RESOURCES INCLUDE:

Fitness Boot Camp for Women

www.newhavenbootcamp.com & www.womenfit4life.com

Balance Fitness is New Haven's only all women's personal training studio and fitness boot camp center. In just 4 weeks you can get in the shape of your life, have fun and feel great! Visit the websites above or contact the owner, Mubarakah Ibrahi, at info@balancect.com or 203-624-9999 for more information. **SCSU students, faculty, and staff will receive a 10% discount!**

HiTecRacing.com, Running Around CT

<http://www.hitekracing.com/calendar/> Click here to view a listing of all road races in CT! Road races are a great way to stay motivated, meet new people, and spend time with friends!

CT Rock Climbing Gym

<http://www.ctrockgym.com/>

There are indoor, outdoor, and youth programs and classes that will keep you in shape while having fun! Coupons and passes are available here, or **stop by the SCSU Fitness Center for a FREE PASS!**

New Haven Heart Walk 2010

<http://heartwalk.kintera.org/faf/home/>

Look for more information coming soon about SCSU's participation in the Heart Walk on May 22, 2010. Consider being a team captain or joining a team to raise money for the **American Heart Association** and stay active at the same time!

SCSU Fitness Center

<http://www.southernct.edu/fitnesscenter/>

Stop by the Fitness Center or call x28971 to inquire about a **FREE 7-Day Pass** to try out the Fitness Center before joining!

Campus Dietitian, Doreen Kordorsky

Contact Doreen at x26309 or kordorskyd1@southernct.edu to make an appointment to discuss nutritional needs and to learn how to eat healthier!

INSURANCE DISCOUNTS

State employees can visit the following websites based on your healthcare plan to view special offers, discounts, and wellness information!

Anthem

<http://www.anthem.com/wps/portal/ahpmember?content>

United Healthcare/Oxford

https://www.oxhp.com/Member/materials/Health_Assessment_Onesheet_FINAL.pdf

<https://www.oxhp.com/Member/MemberPortal/index.do>

Health Net

<https://www.healthnet.com/portal/member/custom/content>

Keep on Moving.....Don't let anything slow you down!

Wellness Appreciation

**"The Biography of Your
Face"**

by Krista Polansky

October 22, 2009

12:00-1:00pm

ASC 306

Contact the Wellness Center to
reserve your space
392-6309

Nutrition Tip

Overslept and late for class?
No time for **BREAKFAST**?
There's no excuse!

Pack some dry cereal
(preferably one with whole
grains, nuts and dried fruit) in
a snack sized plastic bag,
grab a container of low fat
yogurt and a piece of fresh
fruit and you're good to go 'til
late morning .

Then go get LUNCH!

Fitness Tip

Want to work out and help out
at the same time?

As part of **Breast Cancer
Awareness Month** take the
special kickboxing class at the
Fitness Center.

Date: 10/21

Time: 7:30-8:30pm

For a small donation (\$5 class,
\$10 shirt & class). Limited space
available. Sign up at the Fitness
Center that day!

**Southern
on the MOVE**



www.SouthernCT.edu/OnTheMove