George Mason University is a member of the Board of Trade health care coalition. This fall, the Human Resources & Payroll Department took the first step in joining Wellness Works.

What is Wellness Works?

Wellness Works is a regional, business-led fitness campaign that encourages employees to participate in 30 minutes of physical activity, five days a week for six weeks. Because healthier employees miss fewer days of work, are more productive, and consume less medical care, Mason believes that good health is good business.

Wellness Works Launches on September 26!

Encourage Your Employees and co-workers to Sign Up and Participate

• Not only is Wellness Works a great way to build camaraderie in the workplace, but 30 minutes of physical activity a day helps employees increase energy, reduce cholesterol, lower blood pressure, build endurance, boost bone strength, and manage weight. Great reasons for everyone to participate!

• To enroll, employees may run or skip to the HR and Payroll web site http://hr.gmu.edu/. Look under “What’s New” to Register.