



A Campaign of the  
Greater Washington  
Board of Trade

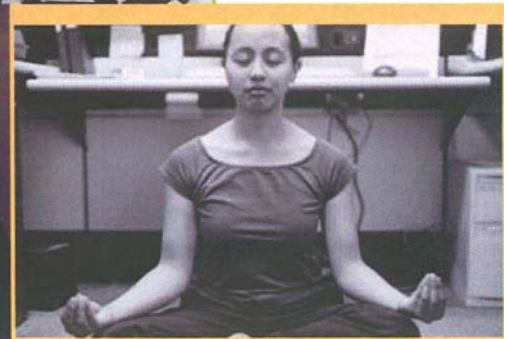
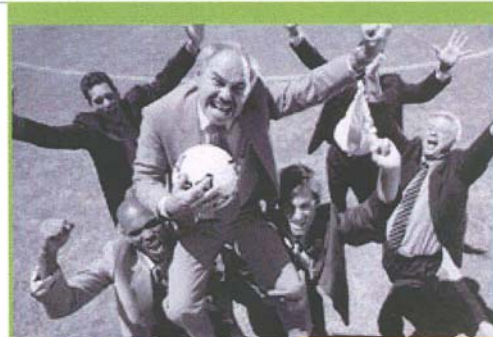


THE PRESIDENT'S CHALLENGE

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.

