National Employee Health & Fitness Day

Wednesday, May 20, 2015

Join the celebration as Vanderbilt recognizes a day to inspire and sustain healthy lifestyle actions at work! Visit the Vanderbilt Recreation and Wellness Center (VRWC) throughout the day May 20 as part of the National Employee Health and Fitness Day Free Open House

7-8am Grab and Go Smoothie King Smoothies
Medical Center North Round Shuttle Drop-off (while supplies last)

10am-2pm Know Your Numbers & Healthy Samples
-KYN provided by Health Plus Outside Eskind Library
-Healthy samples @ Suzie’s Espresso in the Adult Hospital Lobby, Children’s Hospital Food Court, Au Bon Pain in the Hospital Plaza and 100 Oaks

11am-1pm Healthy Samples
Courtyard Café, Children’s Hospital Food Court, and VRWC provided by Campus Dining

11:30am-12pm Team Walking Relay & Walking Wednesdays
-Walking Relay registration online. Teams meet and compete in this fun challenge at the VRWC Fieldhouse.
-Walking Wednesdays begins at the Eskind Library

12:15-12:45pm Pound on the Lawn
Between Light Hall and Veterans Administration (VA) Hospital

Share your healthy choices on social media and be entered to win a prize!
1. Add VanderbiltRWC on Facebook or @VandyRec on Twitter
2. Post a picture of yourself being active, eating a healthy choice, or making other healthy choices.
3. Tag us and use #VandyFit2015 to be entered into a special drawing. See the VRWC website for more information.

4-5pm Meet the Personal Trainers
Join VRWC Personal Trainers Alyson Dickson and Johnny Pryor for games, prizes, and to ask questions!

4:30-6:30pm Bike Repair provided by Cumberland Transit
Bring your bike for repairs outside the Outdoor Recreation Center behind the VRWC.

5-6pm Van-Fitathon and Fun Run
A total body workout with prizes for participants plus a Fun Run/Walk offered with 1, 2, or 3 mile options.

Thank you to the National Employee Health and Fitness Day Sponsors
Vanderbilt Recreation and Wellness Center • Health Plus • VRWC Smoothie King •
Vanderbilt Heart • Campus Dining • Medical Center Dining Services • Children’s Hospital Dining Services • Suzie’s Espresso • Au Bon Pain

More event info at www.vanderbilt.edu/recreationandwellnesscenter/