



University
of Victoria

Human Resources

vikesrec.ca/employees

August 17, 2017

RE: Vikes Nation and Employee Wellness

Dear UVic Employees,

This summer Vikes Athletics and Recreation and UVic Human Resources collaborated to put together a number of health and wellness programs and classes for UVic employees. A recent [Harvard Business Review article](#) indicated that studies show that 79% of employees who take part in at least 15 minutes of physical activity per day will experience a decreased level of stress throughout their day. As such, we encourage you to take a break at lunch and/or come to CARSA before or after work and take advantage of any or all of these on-campus activities and other unique offerings that have been designed especially for UVic employees.

Below you will find a few of our highlighted programs with many more available at vikesrec.ca/employees.

- [Vikes Fit Week](#) – Oct. 2-6 [FREE]
 - Come and join us for a variety of FREE fitness opportunities, climb up to the top of the tower at the Peninsula Co-op Climbing Centre or sweat it out in one of our CARSA Studios. Try something new, bring a friend, and workout together! All classes are beginner friendly and did we mention free? **ALL UVic Employees who get a stamp at the class they attend will be entered to win a Vikes Fit Membership. 5 memberships available to win!!!!**
- [Personal Training Power Lunch](#) – 45 mins [\$44 no membership required]
 - Have you been thinking about the gym but don't know where to start? Let one of our Certified Personal Trainers set you up for success! No experience necessary. Walk away feeling confident with a program tailored to you.
- [Staff TRX / Spin](#) [Sept. 14-Nov. 23 | Th 12-12:45pm | \$66 – no membership required]
 - A total-body workout that provides great cardio and plenty of core strength training. A TRX and Spin class infusion helps to build strength, gain flexibility and get a heart-pumping (and fun) spinning workout, all in one class!

More information and all other staff fitness opportunities visit: vikesrec.ca/employees or in person at CARSA Membership Services.

Bonus Wellness Tips

- There are plenty of times throughout the day that the Fitness Weight Centre is calm and open. We suggest between 6am-8:15am or 11:45-1:00pm to avoid busier times
- Full-time faculty and staff can purchase a Vikes Fit Membership for only \$62 for 4-months or \$149 for the year! It's one of the most affordable memberships in town.
- CARSA is within a 10-minute walk from every building on campus and has state-of-the-art and easy-to-use equipment, as well as friendly and welcoming staff.

Clint Hamilton, Director,
Vikes Athletics and Recreation

Kane Kilbey, Associate Vice-President,
Human Resources