



**EMPLOYEE
WELLNESS**

What We Offer

Our Top Wellness Services

- Onsite Preventive Health Checkups – health screenings in the fall
- 1:1 nutrition and fitness consultations – FREE!
- Weight Management Programs (LifeSteps and FitLife)
- Wellness Presentations and Movement Breaks
- Financial Wellness Workshops

Healthy Campus Initiatives

- Lobo Trails Walking Paths
- Therapy Dog Visits
- Healthy dining options at the SUB
- Healthy vending choices
- Take the stairs initiative

Challenges and Wellness Fun!

- Stadium Stair Challenge – Every April
- Wellness Ambassadors bring wellness to their departments
- Competitions and challenges, online and on campus, offered throughout the year

Keep Informed

- Stay up-to-date by checking the HR newsletter and our website



Contact Us!

HR Service Center

1700 Lomas Blvd NE, Ste 1400

Phone: 505-272-4460

Email: wellness@unm.edu

Web: hr.unm.edu/wellness

Tabata Movement Break!

What is Tabata?

20 seconds of work/10 seconds of rest for 8 rounds = 4 minute workout!

You can do this anywhere, anytime!

Today's Movements:

1. Seated Leg Lifts/March in Place
2. Arm Raises (Up and Out)
3. Calf Raises
4. Punches!

Your office workouts
are starting to freak
people out.

