Upcoming Events

- Therapeutic Massage – Monthly
- Mammogram Bus – March, May, October, November
- Wellcoaching – by appointment
- Right on Target – Perpetual Motivation – March 19
- Conversations that Make a Difference – Perpetual Motivation – April 16
- Circuit Training for Women – April
- Personal Finance Education Seminar – April
- Wills, Probate and Estates – April
- Hula Hoop – May
- Financial Peace University – May
- START Walking Team Competition – June
- Health Risk Assessment and Tobacco Use Statement – October
- MSU 5K Homecoming Run – October

Missouri State Benefit

In 2009, full-time faculty and staff who utilize the Missouri State health insurance plan will be required to complete a yearly Health Risk Assessment (HRA) and the Tobacco Use Statement. In addition, employees will need to either populate the biometrics section on the HRA or participate in an online educational opportunity to learn more about the MSU health plan and save up to $30 per month in premiums for 2010 health insurance coverage. That is a $360 savings! More information on this opportunity will be provided this fall.

Booths

- Bee Payne Stewart Strut
- BioLife
- Student Recreation
- Mitchell Chiropractic
- Ask-A-Pharmacist – Taylor Health Pharmacy
- Success Naturally
- Essential Nutrition
- St. John’s Women’s Heart Center
- St. John’s Fitness Center
- Cox Meyer’s Center
- St. John’s Corporate Health and Wellness
- MedPay/MedTrack/MSU Human Resource Benefits Personnel
- Play It Again Sports
- SNAP Fitness
- Sunshine Bicycle
- The Success Coach Network
- Financial Peace University
- The Vacuities Foundation
- The American Heart Association
- Ozark Public Health
- Springfield Jazzercise
- SaladMaster
- Zen 3 Bodyworks
- Physical Therapy
- Sports Medicine
- Health, Physical Education and Recreation
- Speech and Hearing
- Many Others

Third Annual Health and Wellness Fair

8 a.m. - 1 p.m.
Tuesday, March 10
Plaster Student Union
Third Floor

www.missouristate.edu/wellness
Welcome

We invite you to get to Know Your Numbers at the Third Annual Health and Wellness Fair from 8 a.m.-1 p.m., on Tuesday, March 10 on the 3rd floor of Plaster Student Union. Here you will find many opportunities to get fit, create companionship, learn to eat nutritionally, lose weight, de-stress, manage your money, breathe deep, have fun and laugh from MSU departments, as well as local businesses.

Once again you will have the opportunity to participate in a series of screenings to learn your body mass index, as well as back and skin health. Fasting biometric screenings will be offered to all full-time faculty and staff. These include a lipid profile, blood pressure, glucose level, cholesterol, height and weight. For men over the age of 45, we will be offering the prostate-specific antigen (PSA) screening. Fecal occult blood tests also will be provided. There is no cost for these tests!

Make the most of your fair experience by pre-registering for these free biometric screenings. E-mail SheilaBowen@missouristate.edu or call 6-4064 to leave your full name and social security number. Remember to fast for 12 hours before your screening. It is okay to drink water. There will be plenty of technicians available to draw samples, so it is not necessary to schedule a specific time. A snack will be provided afterward for those who have blood drawn.

Prize Drawings

Participants should visit every booth offering entry tickets for prize drawings. You do not need to be present to win. The more tickets you enter, the greater your opportunity to win one of these great prizes!

- Weekend getaways (various Missouri destinations)
- Missouri State Bookstore Gift Cards
- Wal-Mart Gift Cards
- Bass Pro Gift Cards
- Fitness Center Memberships
- Walking/Running Shoes
- Therapeutic Massage
- Local restaurant gift certificates
- Many Others

Prizes will be announced throughout the event and will be awarded to full-time faculty and staff only. Prizes are subject to taxation as per federal guidelines.

Live Demonstrations and Presentations

- **Weight Watchers** – 7 a.m. and Noon in the Parliamentary Room
- **Yoga** – 8:15 a.m. in the Ballroom
- **Marty and Amy Wolff** – 9:00 a.m. and Noon in the Ballroom
- **Zumba** – 10:15 a.m. in the Ballroom
- **Jazzercise** – 11:00 a.m. in the Ballroom

Keynote Speakers

Marty and Amy Wolff, reality TV stars from NBC’s The Biggest Loser, share their journey to weight loss success. In 2006, Marty was 365 pounds and Amy was 260 pounds when they were chosen to be on the transformational reality show. They lost a combined 252 pounds in eight months, but more importantly, they learned the tools and habits necessary to keep health a priority in the long run. They have made it their life’s mission to help others do the same. Because they tour together, they bring a unique male/female perspective to the subject of weight loss, health and fitness.

Screenings

- Fasting cholesterol panel – Total Cholesterol, LDL, HDL, Triglycerides
- Fasting Blood Sugar
- Skin Cancer
- Back/Spine Posture
- Biomechanical Workplace Evaluation
- Blood Pressure
- Depression
- Cardiovascular Risk-factor
- PAR-Q – Physical Activity Readiness Questionnaire
- Flexibility
- Hearing
- Body Mass Index
- Colorectal Cancer
- Girth Measurement
- Body Composition
- Muscular Fitness
- Aerobic Fitness
- Nutritional Knowledge Assessment
- Personal Finance Assessment

**“Last year, I took advantage of the free biometric blood screening just because it was available. That screening included a PSA, which at the age of 47, I never had before. The screening from the Wellness Fair indicated an elevated PSA, which eventually lead me to a urologist and a diagnosis of Stage 3a prostate cancer.”**

“I was sent to Barnes Hospital for robotic surgery in May 2008 and, thanks to a very skilled and experienced surgeon, it appears the cancer was completely removed.

“I realize I won’t be completely off the hook for a few more years. However, I can say the Missouri State Wellness Fair probably saved my life. I was having no symptoms, would not have had my annual physical until the following August and may not have had a PSA for a couple years.

“The Wellness Fair is a great event...”

Karl R. Kunkel, Ph.D. – Professor and Head
Department of Sociology, Anthropology and Criminology
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