TEES

Group Exercise Classes
FitLife, a TAMU Rec Sports program provides physical instruction, and has been conducting classes two or three times per week for employees on-site at the TEES State Headquarters Building (TSHB). To increase participation, exercise classes, led by licensed/certified trainers and instructors, will be offered weekly at TSHB and a location in the Engineering Complex on campus. The cost associated will be paid by EW. Requested classes include:
1. Cardio
2. Strength
3. Zumba
4. Yoga
5. Running
6. Boot Camp

Group/Team Activities
Engineering will offer one of two walking programs, such as Walk Across Texas, and as an incentive to increase involvement and encourage team success, prizes will be awarded throughout the program and members of the top two teams will receive prizes that further encourage staying active.

Other group activities under consideration include an agency wide bowling event, softball tournament and ultimate frisbee.

Engineering 5K
Engineering 5K will be an event that encourages participation by all employees. Details include an event on campus on a class dead day, or following finals, in the mid-late afternoon (during the workday). Areas of participation include running/walking the race course, water station attendant, on course support and cheering sections, finish line celebration and more. It will be designed for the runner and the non-runner alike. Healthy food stations and other wellness focused activities will be available.

Nutrition
We will have on-site healthy cooking demonstrations, lunch & learn sessions, e-newsletter subscriptions, presentations, panel experts and curb-side smoothies!

On-site weight management classes have been requested.

Work Life Enhancements
A portion of EW will focus on providing stress relief activities, education and awareness. This will be accomplished in a number of ways including pod and webcasts, speakers, hands on activities, mobile massage opportunities, etc...

A series of financial wellness seminars will also be offered. These will address the needs of all level of employees, from those just starting in their career to individuals that may be near retirement.

Promotional items will be made available to all employees and incentives to participate will be offered based on the activity and the participant’s area of interest.