WINNER OF WINTER 2014 WALKING CHALLENGE:

CHRISTINA VIRAMONTES!!

Christina’s Journey: Christina’s biggest motivation to start this challenge was the gift of life and health from God. The biggest challenge she faced was walking up multiple stairs in the duration of 20 minutes. She only sacrificed 20 minutes of her lunchtime on Mondays to complete the challenge.

Christina’s advice to others: “You get to meet new people, who like yourself, are trying to become a healthier person. Plus, you get to walk around this beautiful campus, and see places you may not have seen before!”

THANK YOU TO OUR WELLNESS AMBASSADORS:

Obed Olivarria  
Vicki Murray  
Audrey P. Gaspard  
Yvonne Polk Ocasin  
Ryan Van Deventer  
Issumael Nzamutuma  
Lina Soria  
Jill Start  
Christina Viramontes

Traviett Jernigan-ford  
Natarkia Williams  
Nirma Carrera  
Marni Straine  
Jim Wilson  
William C. Andress  
John Perumal  
Melissa Brotton

Upcoming Dimensions of Health Lunch & Learn Series

May 8  That’s a Stretch  
June 12  Fitness for Life

PLEASE RSVP TODAY TO RESERVE YOUR PLACE!

velocity@lasierra.edu

NEW:  
Fitness Walking  
Every Monday from:  
12:30 – 12:50  
Meet: in front of cafeteria  
with Dominique & Jessica  
(through June 2; not on May 26)

http://lasierra.edu/human-resources/velocity/
LSU Fitness Center Orientations

with Dominique Wakefield

Complimentary!!!

April 17: Orientation 1
(4:30 – 5:30 p.m.)
You will receive a general overview of the fitness center, the machines and fitness options available through the LSU fitness center!
(you do not have to dress to workout for this orientation)

April 24: Orientation 2
(4:30 – 5:30 p.m.)
This session will provide an introductory fitness session to orient you to some basic strength and cardio equipment to begin your workout routine in the LSU fitness center!
(please dress to work out for this session!)

Meet at LSU Fitness Center Desk

Please join us for both or either and RSVP here:
http://lasierra.edu/human-resources/velocity/events-classes/