June brings flowers, warmer weather, and the opportunity to be more active outdoors. A variety of events and workshops focus on this month’s Healthy Boiler pillar of wellness, physical health.

There are many ways to increase your physical activity whether you prefer to be indoors or outdoors, solo or in a group, on or off campus, day or evening—we’ve got it.

If you are interested in biking, walking, or running, this month is full of opportunities for you to participate in community events in the greater Fort Wayne area as well as on our campus.

Perhaps you are exploring which physical activities interest you or you want to begin a new fitness routine or change your current one. You can learn about tips to get active as well as the physical and mental benefits of physical activity at the Get Active workshop.

We invite you to participate in activities and join workshops which complement this month’s pillar of wellness and relate to this month’s theme—Rethink Your Drink.

- Join Team Purdue Fort Wayne and select PFW as your charity partner at the Fort4Fitness Spring Cycle.
- Take a mid-day break and join the Healthy Boiler Walking Group or the In-person and Virtual Employee Yoga Class.
- Healthy Boiler Workshops: Get Active and Cutting Down on Sugar.
- Sign up for Fort Wayne’s biggest office party, the Corporate 5K or 1-mile Run/Walk
- Utilize the Fitness Center for cardio workouts, strength training, group exercise classes, and personal training.

Events and programs are open to ALL campus faculty and staff unless specified in program details. Please visit the HB Employee Well-being website to print this newsletter or any of the previous newsletters in our archive.

Questions about our programs and events? Email HBwellbeing@pfw.edu.

Please forward this newsletter to others in your department.
Employee Yoga Class: In-person and Virtual

**Wednesdays, June 1–29**
**Noon–1 p.m.**
**Fitness Center Studio and ZOOM Virtual**

Learn yoga poses and techniques to practice yoga anytime, anywhere. Work at your own level guided by health coach Lindsay Bloom. All levels welcome. Open to all faculty and staff.

In-person class registration: Join the day of the class and meet at the Gates Center Fitness Studio.

**Register for ZOOM class:**
- Meeting ID: 971 2106 0966
- Passcode: Relax

Questions? Email Bloom at lmbloom@pfw.edu.

Charity Partnership: Fort4Fitness Spring Cycle

**Saturday, June 4**
**8 a.m.–2 p.m.**
**Promenade Park, Downtown Fort Wayne**

If you like to ride your bike, There’s still time for you and your family and friends to sign up for the Fort4Fitness Spring Cycle. In-person tours are $40; virtual tour is $20. A sign-up fee will be added to the ride fee. View registration details for all tours.

Register here to select the tour of your choice and choose PFW from the drop down list as your charity partner. Last day to register: June 1, 11:59 p.m.

Questions? Contact Eric Manor, director of Well-being and Recreation (WellRec), at manore@pfw.edu or call 260-481-6647.

Healthy Boiler Walking Group

**Mondays, June 6–27**
**Noon–12:30 p.m.**
**Alumni Plaza by Mastodon Statue**

Take a 30-minute mid-day break from sitting at your desk. Invite your friends to join the Healthy Boiler Walking Group, a fun way to add movement to your day while socializing with others. The group will meet health coach Lindsay Bloom every Monday at noon June 6–27 at the Mastodon sculpture outside the Helmke Library.

No registration needed. Visit the Events Calendar for details about where to meet in case of rain and the benefits of walking.

Questions? Please email Bloom at lmbloom@pfw.edu.
**Garden Walk and Plant Sale**

**Saturday, June 25**
**10 a.m.–1 p.m.**
**Purdue Extension, Allen County**

Be inspired by the beauty of the display gardens at the Purdue Extension on our campus. Master gardeners will be on hand to answer questions and guide you through the gardens. Event is rain or shine.

Shop at the Plant Sale for your own garden or your indoor space. Plant sale is CASH or CHECK.

This family friendly event is open to the public and includes activities, prizes, local vendors, and more. Visit Facebook for more information.

Questions? Call the Purdue Extension Office at 481-6826.

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**Healthy Boiler Virtual Workshop: Cutting Down on Sugar**

**Wednesday, June 29**
**Noon–1 p.m.**
**ZOOM**

Have a hard time controlling your need for sugary drinks? Join Melissa Covarrubias, Behavioral Health Counselor from the Purdue Center for Healthy Living, to learn about the overall effects sugary drinks have on our bodies, what it looks like when sugar becomes an addiction and how to cut back on unhealthy drinks.

Register for the workshop. Meeting link will be sent prior to the event.

Questions? Email employee health coach Lindsay Bloom at lmbloom@pfw.edu.

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**Fort Wayne Corporate 5K: Team Purdue Fort Wayne**

**Thursday, June 30**
**5:30–8:30 p.m.**
**The Plex North**

If you like to walk or run for enjoyment, fitness or competitively, join Team Purdue Fort Wayne and participate in the Corporate 5K. Event includes a 5K run/walk and a 1-mile run/walk. The first 50 employees, spouses and students who register with Team Purdue Fort Wayne receive a free registration.

Visit the Events Calendar for race details, cost, and registration link.

Questions? Email Eric Manor, director of Well-being and Recreation at manore@pfw.edu.
STAY ACTIVE AT THE FITNESS CENTER

Summer Semester

The Fitness Center offers a variety of ways to stay active over the summer—cardio machines, free weights, assisted weight machines, group exercise classes, or personal training—there’s something for everyone.

Visit the WellRec web site for fitness center summer hours, a list of group exercise classes for summer, and more.

Questions? Email Nick Brand, Well-being and Recreation Coordinator, at brannj01@pfw.edu or call the front desk at 481-6655.

Lifestyle Education Programs

Lifestyle Education programs focus on creating lifelong habits to improve and maintain your health and well-being. They are offered exclusively to benefits-eligible employees and their covered spouses as part of the Healthy Boiler Program. Read more about the Lifestyle Education programs.

A new program, Pivio, will replace the Complete Health Improvement Plan (CHIP) and will begin at the end of August. HealthKick and Heart Knowledge lifestyle education programs will begin in September.

Questions? Email health coach Lindsay Bloom at lmbloom@pfw.edu.

121 Group Health Coaching Classes

Employee health coach Lindsay Bloom leads three group health coaching classes throughout the year which focus on physical fitness: 121Fit, 121Stretch, and 121Strong.

These educational and active classes will give you the tools to create an individualized training program that is realistic, manageable, and contributes to your overall health and fitness classes. Visit the Healthy Boiler Employee Well-being web site for details about each class.

Questions? Email Bloom at lmbloom@pfw.edu.

Purdue Extension-Allen County Programs

Your local extension office on the campus offers many programs throughout the year related to health, education, and well-being.

- 2021-2022 Educational Programs and Descriptions
- 2021-2022 Special Interest Classes

Questions? Call their office at 260-481-6826.
HEALTHY BOILER JUNE CHALLENGE: GO WITHOUT FRIED FOODS CHALLENGE

June 1-30

The No Fried Foods Challenge invites you to go without fried foods for 30 days. To complete the challenge, track the number of days you refrain from eating fried foods. Here’s looking at you french fries, potato chips, and wings. Download the Monthly Challenges Calendar for the other challenges being offered.

Join the challenges and track your activities by going to the Healthy Boiler Portal, scroll down to Healthy Boiler Monthly Challenges. You may either click on the information icon to learn more or select track to record your activity for the challenges. Not signed up for the Healthy Boiler Program? Learn more and join.

THE HEALTHY BOILER PILLAR FOR JUNE: PHYSICAL HEALTH

Your physical health is critical to your total well-being, so Healthy Boiler Employee Well-being provides lifestyle education programs, workshops, group fitness classes and more to enhance your physical well-being. This includes some of the following:

- Lifestyle Education Programs
- Healthy Boiler Workshops
- 121 Group Health Coaching
- Learn more about other fitness activities which support the physical health pillar of wellness.
Your HB Employee Well-being Team:

Lindsay Bloom  
Employee Health Coach  
lmbloom@pfw.edu

Patricia Grime  
Wellness Communication Specialist  
Purdue University Fort Wayne  
grimep@pfw.edu  
pfw.edu/wellness

Office hours: Monday, Tuesday morning and Wednesday