

1. **Wellness Lab:** Come see our brand new weight room that features the Kinesis Circuit. Our personal trainers will demonstrate why this is the newest and coolest tool that personal trainers use with their clients.
2. **Play Station:** Stop by our bodybuilding room where our qualified staffers will entertain your child while you have a chance to work out!
3. **Massage:** Did you know that there are different types of massages? We have a range from Deep Tissue to Pre-Natal? Come experience the difference!
4. **Fitness Testing/Pilates Reformer:** We have the best resources to meet your health, fitness goals, and track your progress. Learn more about the Bod Pod, RMR, and VO2 testing. Come same room, we have two Pilates Reformers that will transform the way you think about Pilates, and performs.
5. **Demonstration Kitchen:** One of our wonderful chefs will demonstrate how to prepare a sushi hand roll! Make sure you bring your appetite!
6. **Workout Shop:** Here at Campus Recreation we find the best fitness equipment and apparel for your mind and body. Before you leave, take 5 minutes for yourself and join the Tai Chi workout.
7. **Training Zone:** Our Free workout classes are available to get you motivated and excited to work out. Meet our Group Exercise Instructors who will demonstrate the latest fitness classes!

FREE T-shirt



Campus Recreation Presents: **PUNCH and WIN!**

UC Irvine 3rd Annual Faculty and Staff Wellness & Safety Fair

Wednesday, May 20, 2009
11:00 am - 2:00 pm
Anteater Rec Center

"Be Smart...Live Well"



The Wellness and Safety Partnership
Would Like To Give Special Thanks
To All The Vendors,
Whose Generous Donations
Make This Event Possible.

UCIRVINE
Living Well

Interactive Booths	Host
Acupuncture	Susan Samuelli Center
Cycling Class Demo	ARC
Ear Plug Fitting	Sperian
Ergonomic Stretch Break Demo	EH&S
Indo Row Class Demo	ARC
Massage	ARC Blue Cross
Meditation	Susan Samuelli Center
Mental Health Consult	UBH
OmniBall Class Demo	ARC
RAD Technique	UCT Police
Rock Wall Climb	ARC
Safety Shoe Fitting	Boot World/KM Shoes Lehigh Safety Shoes Redback Boots
Stretch and Roll Class Demo	ARC
Sushi Rolling Classes	ARC
Tai Chi	ARC Susan Samuelli Center
Wellness Consult	StayWell
Wii Fit	Best Buy

Health Screening	Host
Back/Spine Screening	Back to Wellness
Blood Pressure	Kaiser Permanente Newport Urgent Care Salus Home Care LLC Susan Samuelli Center Tustin Irvine Med Group UCIMC – HealthCare Cardiology Services
BMI	ARC Susan Samuelli Center
Cholesterol Screening	Kaiser Permanente Mission Hospital
Derma-Scan/ Sun Damage Screening	Grater Newport Physicians
Glucose Screening	Mission Hospital
Grip Strength	Health Net
Lung Capacity Screening	Hoag Hospital
Orthotic Screening	Back Bay Wellness
Posture Screening	Back to Wellness
Shellen Eye Test	Newport Urgent Care
Stress Scans	Back Bay Wellness
Surface Electromyography/ Muscle Tension	Back to Wellness
Vision Screening	Chao Vision Institute

