

Wise and Well

Sessions for Faculty



The PAC Committee of the BVC Faculty Association would like to encourage the faculty to get active this February.

If you can accomplish 3 of the following tasks during the period of February 6th to 24th, send us an email at PAC@BVCFA.com telling us which 3 activities you took part in, and you will be entered to win a Prize.

The winner can choose from:

- A 6-month membership to the BVC gym
- A gift certificate to SunTerra
- 5 free virtual Yoga sessions.

Tasks

- Go for a walk 2x (with a group or individually).
- Attend a yoga or fitness class at least once.
- Take the stairs instead of the elevator 2 times a week.
- Go to the gym or do an exercise class 2 times. (in person, a video or online).
- Play a sport one time during the contest period (team or individual).
- Sleep 7-9 hours a night 2 times.
- Drink 8 glasses of fluids a day.
- Cut out or reduce sugar or junk food 2 times a week.

We will also be hosting some group activities on Campus to help you reach these goals. They will take place on Wednesdays from 12:30-1:30 - watch for notices.

Wednesday Feb 8th - Lunchtime walk to the river (Gathering point TBA)

Wednesday Feb 15th - Lunchtime Yoga (Room TBA)

Wednesday Feb 22nd - Lunchtime walk to the river (Gathering point TBA)