

Well at Dell Fitness Center

www.wellatdellfitnesscenter.com

E-NEWS

Jack Moran June Fitness Fanatic

Q: How long have you been exercising?

A: Excusing two year long lapses, my whole life!

Q: How often do you exercise? **A:** 5-6 days a week

Q: What motivates you to keep exercising?

A: I love soccer and hiking. I'm worried I will not be able to keep up with the kids if I don't stay in shape.

Q: What is your favorite form of exercise? **A:** If I can't play soccer, I love to get a run in to start a serious workout.

Boot Camp

Join us **Tuesday, June 22** from 11:30-12:30 PM behind RR 7/8 for an all-access Boot Camp Class!

- Meet the instructors
- Learn about our new Boot Camp classes
- Refreshments & prizes
- All Welcome!!

Dell 5k

A special thanks to all who participated & volunteered in the 5k Family Fun Day! Check out the highlights video: [Dell 5k](#)

Summer Programming

Play the MegaFit Sweepstakes

It's all about the luck of the draw. Earn daily & weekly prizes and increase your chances at winning one of four grand prizes. Program runs June 1–June 30.

Fitness FANatics

Your visits count! Starting June 1st members can achieve a Bronze, Silver, or Gold status based on Fitness Center utilization each month. Prizes will be awarded monthly!

Summer Strength Series

Test your strength this summer!

- June: Bench Press Competition
- July: Pull-up Competition
- August: TRX 40/40 Challenge

* See fitness staff to register for a summer program

Food, Fun, & Fitness Expo

- Have you tasted quinoa?
- Do you know your blood pressure?
- How many grams of fiber should you have a day?

Find out this and MORE at the EXPO!

Thursday, June 3
from 11:30-1:00 PM

RR2E- Houston

Bring a friend, family member or co-worker

RSVP: Christi_reid@dell.com

Health Body, Healthy Earth, Healthy You!

Nature is good for the soul, and exercise is good for the body. Combining the two yields a workout that does double-duty.

Studies have shown a correlation between proximity to nature and an improvement in mood and self-esteem.

Read the entire article at:

[Nature Nurtures Mental Health](#)