

Get Moving

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newwave@tulane.edu

Beginning on June 7, TUWellness will offer a physical activity program to faculty and staff members to “get people moving” and combat heart disease and stroke. Information sessions on the program will be held today through Friday (June 1st–4) at various campus locations.

Tulane has partnered with the American Heart Association to offer the AHA'S Start! Program, which will run until Aug. 15. The program allows participants to log the number of minutes they spend on all forms of physical activity as well as the number of steps they walk. Participants also will have access to a food journal to keep track of dietary consumption.

“Because the Louisiana heat can be unbearable at times, 30-minute indoor group exercise classes will be offered during lunchtime once a week on the uptown, downtown and Primate Center locations,” says Erica Gilliam, coordinator of [TUWellness](#) for the Tulane Workforce Management Organization.

Gilliam will be presenting information sessions to provide more details, including how to register. Here is a listing of the information sessions, which will be held from 12:15 to 12:45 p.m.:

- Tuesday (June 1), uptown campus, Lavin-Bernick Center, room 203 (Stibbs).
- Wednesday (June 2), School of Medicine, 1430 Tulane Ave., first floor auditorium.
- Thursday (June 3), 1440 Canal St., room 105.
- Friday (June 4), Tulane National Primate Research Center, auditorium.

At each information session, participants will receive a group exercise schedule, giveaways and details about the incentives available for reaching certain goals during and after the program. Anyone who is unable to attend an information session but still would like to participate can e-mail [Gilliam](#) or call 504-247-1720. Employees also can follow TUWellness on Twitter.