



WELL YES!

January 13 – May 4

Well Yes! is the Employee Wellness Program for
NPC and we are here to serve **you!**

Our goal is to increase the health and well-being of all
NPC employees through a comprehensive program
designed to enhance mental and physical health.

Come join us and just say
Well Yes! to your health!





HOW IT WORKS

- Go to **np.edu/wellyes** and complete the waiver
- You will be awarded \$100 in Wellbucks to use this year to supplement the cost of classes. Some classes require both Wellbucks and USD. If you use all your Wellbucks, you may pay the full price in USD. Your family members can participate by paying the full amount in USD.
- Once classes are set up, you may register at **np.edu/wellyes**
- Log your hours each week at **np.edu/wellyes > activity report form**
- You are granted a 2-hour time waiver per week to participate in wellness activities in accordance with the President's Education Incentive Policy. You are expected to work with your supervisor and teams to coordinate activities and coverage for your areas. You may participate in activities before, after, and during lunch hours for additional classes.
- The fall season will be measured from January 13 – May 4.

BENEFITS

- By completing 15 hours, you will be eligible for a **special prize**
- By completing 24 hours, you will receive **\$300** deposited into your cafeteria plan/health savings account in 2020
- By completing 40 hours, you will be eligible for a **reduction in your health insurance premium**
- Meet new people!
- Be a better you!

STAY INFORMED

- np.edu/wellyes
- Well Yes! Email group
- Facebook group: NPC Well Yes!

COURSE SCHEDULE

ON-SITE COURSES

Campus Biggest Loser \$10 payable to Sebrena Lewis; 5 hrs
Join the campus wide event to shed some extra pounds. Weekly weigh-ins will keep on the leaderboard. You can win money and prizes while taking care of you!
Weigh in: 1/14 & 1/15 between 10 a.m.-2 p.m.
Weekly weigh-ins: M - Th between 10 a.m.-2 p.m.
Weigh out: 2/11 or 2/12 10 a.m.-2 p.m.

Chair Yoga \$25WB, \$25USD; 26 hrs
Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.
1/29-5/2 T Th 1:30-2:30 p.m. Reeves

Evening Stroll \$0; 19.5 hrs
Designed primarily for our evening employees but open to anyone who would like to take a little evening stroll around the campus.
1/28-5/3 M W F 6-6:30 p.m. Bingham

Fitbit Frenzy \$10USD Fitbit Rental; 39 hrs
It's back! Check out one of the NPC Fitbits or use your own and keep in step with your fitness goals this summer. 6,000 average steps per week earns you 1 hour, 10,000 earns you 2 hours, and 15,000 earns you 3. No charge for your own Fitbit. Make sure you're in the college's Fitbit group for recording purposes. www.fitbit.com/group/22YHLP Fibit hours are recorded on Monday mornings based on the previous seven days step count beginning 1/21-5/6.

Kettlebells \$25WB, \$25USD; 13 hrs
Training with Iron Man Allen Black using kettlebells that incorporate dynamic moves targeting almost every aspect of fitness: endurance, strength, balance, agility and cardio endurance. (levels 2-4)
1/28-4/29 M 1-2 p.m. Black

Knithawks \$0; 15 hrs
The benefits of knitting, crocheting and other needlecrafts are numerous. Bring your project and join us at the NPC Library. From beginner to advanced - all skill levels welcome! Participants are responsible for bringing his/her own supplies. If you are a beginner and want to learn, just bring yourself & we'll help you get started!
1/14-4/29 M Noon-1 p.m. Evans/Beason

Lunchtime Spin \$25WB \$5USD; 6.5 hrs
Join TJ on our new bikes for a fun spin focusing on endurance, strength, intervals, and recovery. This class will get your heart pumping but is suitable for all levels of fitness.
1/30-5/1 W 12:15-12:45 p.m. Griffith

Lunchtime Stroll \$0; 14 hrs
Take a break and take a stroll with Wanda! Low impact walks around the campus or in the gym with plenty of personality.
1/30-5/3 W F Noon-12:30 p.m. Holden

Morning Move It \$0; 13 hrs
We like to move it, move it! Join Joey for a walk/run around the boulevard before work.
1/31-5/2 Th 7-8 a.m. Vaughn

Mosey with Mesko \$0; 26 hrs
Stroll along with Allan for a brisk walk around campus. Meet at the NPC Library. Walk for up to one hour. Peel off or drop in anytime!
1/29-5/2 T Th 1:30-2:30 p.m. Mesko

Open Basketball \$0; 24 hrs
Come on over for a pick-up game or a round of horse with your fellow NPC employees.
1/29-5/2 T Th 2-3 p.m. Foshee

Personal Training with TJ \$25WB; 24 hrs
Spend an hour with TJ getting ready for a weekly gym session designed especially for you. You may log up to two activity hours per week working out in the NPC gym or one of the partner gyms.
Flexible Griffith

Personal Training with Ironman Allen Black \$25WB; 24 hrs
Spend an hour with Ironman Allen Black planning a weekly workout designed especially for you. You may log up to two activity hours per week working out in the NPC gym or one of the partner gyms. The first meeting will be set up on a Monday afternoon at the NPC gym.

Pickleball \$0; 39 hrs
Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. It is a fun sport appropriate for all fitness levels. Come be a part!
1/11-5/3 F Noon-3 p.m.

Pilates \$0; 15 hrs
This course is a total body toning course focusing on reshaping muscles to appear longer and leaner. It will create stronger muscles to improve posture. This is a challenging core endurance and muscle strengthening class. TBA
1/18-5/3 F 8-8:50 a.m. Lyons

Story Time \$0; 10 hrs
Spend some time lost in a book and meeting with Librarian Kristin as you enjoy the group's chosen book! This group will meet on the first Thursday of each month. Each participant is responsible for purchasing their book.
1/10-5/2 Th 12:15-1 p.m. Quintanilla

Stretch Yourself

\$0; 6.5 hrs

Using our new NPC stretch band prizes, let's meet once a week to improve our posture and stress by stretching it out with TJ. This is a low impact class for all levels of fitness.

1/28-4/29 M

12:15 - 12:45

Griffith

Tai Chi

\$25WB, \$5USD; 23 hrs

Tai Chi, an exercise often called "meditation in motion," it may be hard to imagine that its slow, gentle, choreographed movements could actually make people stronger. Not only stronger mentally but stronger physically and healthier as well. Tai Chi is a low-impact activity suitable for people of all ages and most states of health, including those who have long been sedentary or "hate" exercise.

2/4-4/29 M W

3- 3:50 p.m.

Maxey

20-30 Fast Track - Lose 20 lbs in 30 days

There are seven hormones keeping you from losing weight. The solution is called the 20/30 Fast Track Plan. The 20/30 Fast Track Plan will adjust your hormones, so you can finally lose the weight, and solve a variety of other health issues, such as insomnia, high cholesterol, high blood pressure, low energy and more. FREE seminar to find out more about it.

Seminar 1/30

12:30 p.m.

Bean/Dryden

Yogalates - Peace in the Park

\$25WB \$5USD; 13 hrs

The benefits of yoga and Pilates can be found in Yogalates, an exercise method combining the strength of Pilates and the flexibility of yoga. The Peace in the Park combination class combines a mental health break at the end of the week to rejuvenate you.

2/1-5/3 F

1:30-2:20 p.m.

Gentles/Millerd

OFF-SITE COURSES

Bowling Hawks

\$25WB, \$50USD; 30 hrs

Create your team of three or join as an individual and we will find you a team! Meet us at the Central Lanes Bowling Alley for a little friendly competition. This is the most fun you will have while earning hours. No matter what your skill level, this is entertainment at its finest. Join the Bowling Hawks for fun, exercise, and lots of laughs.

1/15-4/30 T

3:20-5 p.m.

Poteet

Hot Springs Hiking Club

\$0; 8 hrs

Join the Hot Springs Hiking Club for their monthly hikes. Hikes will be the first Saturdays of the month with locations to be determined. In case of inclement weather or holidays, hikes will be scheduled for the second Saturday of the month.

Beginning 2/2

Brewer

Kayak Adventure

\$25WB, \$15USD; 4 hrs

Join Ouachita Kayak Tours at Sunday afternoon tour on Lake Ouachita State Park. This adventure includes everything you need for a beautiful afternoon on the lake.

4/28 SU

2-6 p.m.

Logan

NPC Bike Club

\$0; 12 hrs

Join Bill as he takes you riding through some of Hot Spring's mountain trails. This class is for all levels. Don't have a bike? Contact Bill for rental information. The club will meet on the last Saturday of each month for their rides.

Beginning 1/26

Ritter

Walk In the Park

\$0; 26 hrs

Participants will meet at various locations to our beautiful downtown Hot Springs and walk or hike for one hour from on Monday and Wednesday afternoons.

1/28-5/1 M W

4-5:00 p.m.

Beason

OTHER OPPORTUNITIES

NPC Intramural Sports

\$0

Register at www.imleagues.com/spa/account/registration

Any other **NPC Credit/Non-Credit PE Course** as listed in the course schedules - Register through NPC and use your faculty/staff waiver. You may count your hours in class time as activity hours.

Any **sanctioned walk/run race** (Hours equal race time plus one) - There are hundreds of races all over the state, many benefiting charities. You can find a listing at arkansasrunner.com.

PARTNERSHIP OPPORTUNITIES

YMCA - Y Yes Pass

\$50WB, \$50USD

+\$50 for Family Membership

Join the Y for a three month trial period. During this time, you may use the gym and attend any classes that you would like. All participants will receive access to a free Orientation to the Wellness Center and a complete Fitness Evaluation. You may count class hours as activity hours and the gym time toward your two-hour maximum per week.

First Baptist Fitness

First Pass \$50WB \$40USD

+\$50 for Family Membership

Join the FBC Fitness program for a three month trial period. During this time, you may use their gym and attend any classes that you would like. You may also use their indoor walking track. You may count class hours as activity hours and the gym time toward your two-hour maximum per week.

Hot Springs Health and Fitness

Preview Pass \$25WB \$25USD

Enjoy a preview of this fantastic full-service gym with this five-pack of passes. Use for yourself, family, or friends. All group fitness classes are included, (except for 30 FIT), complete access to the full-service club. Basketball, tennis, and racquetball are also included. HSHF also gives a FREE orientation, FREE towel service, and FREE lockers.

The Yoga Place

Peace Pass \$50 WB, \$30USD

Find your peace! You may attend up to ten Yoga classes of your choice at the beautiful Art Church on Whittington Avenue. Reeves