



CHARGER FIT WELLNESS

November 2018

UAH'S CHARGER FIT CUTEST PET PHOTO CONTEST

We are in the final week of voting to determine who will be "UAH's Cutest Pet" of 2018. Here are the four finalists from the "Cutest Pet of the Week". The final winner will be announced Monday, November 5th, on Facebook. [Click here to place your vote.](#)



All of the fur participants are viewable on our [Facebook page](#) in the Cutest Pet Photo Contest Albums.

Thank you everyone who submitted photos this year and to everyone who voted. You made this a fun experience and we look forward to doing this again next year.

TURKEY TROT FITBIT CHALLENGE

Are you ready for the next UAH campus Fitbit Challenge? The challenge begins November 12, 2018, and continues through, November 16, 2018. Participants who maintain 7,500 steps or more a day will be entered into a random drawing for a Charger Fit Wellness Swag bag. Gobble, Gobble, Gobble!



FITNESS FRIDAY - ZUMBA WITH WENDY

Eat too much at Thanksgiving? Come join us Friday, November 30, 2018, for a 30-minute **ZUMBA** class at 11:30 a.m. in the University Fitness Center Room A! This is a fusion of international music and dance themes creating a dynamic, exciting, and energizing workout. [Click here](#) to register.



ZUMBA

DAYLIGHT SAVINGS

To remember which way to set their clocks, folks often use the expression, "Spring forward, fall back." **DST ends on Sunday, November 4, 2018**, at 2:00 A.M. At this time, we "fall back" in the fall by setting clocks back one hour (i.e., gaining one hour).

Want to read some history on daylight savings? [click here](#)



**CHARGER FIT WISHES
YOU A SAFE AND
HAPPY
THANKSGIVING!!**



UPCOMING EVENTS

- Cutest Pet Contest Voting
Finals.....October 29 - November 4
- Daylight Savings - November 4
- Turkey Trot Fitbit Challenge
November 12 - November 16
- Thanksgiving Holiday
November 22 - November 23
- Fitness Friday - November 30

CONTACT US

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