



UP Corporate Wellness Programme

Mini-Olympics Programme



PROGRAMME | AUTUMN MINI-OLYMPICS | 15 MARCH 2017

GROENKLOOF CAMPUS

- 11:30–12:15** Registration of participants for sports activities
- 12:15–12:20** Welcome: To be confirmed
- 12:40–12:45** Participants proceed to activity stations
- 12:45–15:00** Sports activities: football, volleyball, team relay and individual relay
Information stalls: exercise, nutrition and stress management
- Basic health assessments: blood glucose, blood cholesterol, blood pressure, body mass, height and BMI, cardio-stress evaluation, ergonomic advice
- Zumba every half an hour for everyone who wants to have fun and at the same time lose the extra kilos.
- 14:00** Food parcels handed out to participants
- 14:30-15:30** Performance by Tuks Cheerleaders and Prize giving: Mr Mmakgabo Sekobelo, Chair WAC and Deputy Director: Employee Relations and Wellness
- 15:45- 16:00** Closing of the event