

Autumn Mini-Olympics 2015

UP Corporate Wellness Programme

18/03/2015



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



PROGRAMME AUTUMN MINI-OLYMPICS 18 March 2015 GROENKLOOF CAMPUS

11:30-12:15 Registration for participants of sports activities

12:15-12:20 Welcome: Prof Antonie de Klerk, Executive Director

12:20-12:30 Participants proceed to activity stations

13:00-13:30 Registration for spectators

12:30-15:00 Sport activities: football, volleyball, team relay, and individual relay

Adventurous and fun physical activities and **wellness games** like tyre shuffle, musical chairs, and many others for the less fit participants.

Zumba every half an hour for spectators, participants and everyone who wants to have fun and at the same time lose the extra kilos.

Prizes for the winners of sports activities and lucky draws for those who completed **all** health assessments.

Information stalls on exercise, nutrition and stress management. Basic health assessments on blood glucose, blood cholesterol, diabetes, blood pressure, body mass, height and LMI, cardio stress evaluations and ergonomic advice and demonstrations.

14:00 Food parcels to participants and spectators

15:30-15:45 Performance by Tuks Cheerleaders

15:45-16:00 Prize giving: Ms Patience Mushungwa, Executive Director Human Capital and Transformation