

UP Corporate Wellness Programme

Autumn Mini-Olympics 2015

18/03/2015



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



UP Autumn Mini-Olympics 18 March 2015

The following **wellness games** will be presented at the Autumn Mini-Olympics:

1. Tyre Shuffle – A pyramid of 5 (five) tyres have to be moved from one point to another, as prescribed, without disturbing the pyramid shape.
2. Musical chairs – Each player finds a chair to sit on when the music stops. The person who does not find a chair to sit on, falls out. The last person sitting is the winner.
3. Arm wrestling – Two opponents sit facing each other, with hands interlocked and elbows firmly placed on an even, flat surface, and attempt to push each other's arm down onto the surface.
4. Water balloon throw – Two team mates throw a water balloon back and forth without breaking the balloon, and after each throw they must move further back to increase the throwing distance.

Zumba® will be presented every half an hour for spectators, participants and everyone who wants to have fun and lose a few unwanted kilos at the same time.



fitness ... the world's leading branded fitness program

Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

The Autumn Mini-Olympics promises to be an afternoon packed with entertainment and informative activities for everyone – from over-enthusiastic spectators to over-anxious participants. We look forward to seeing you there.

The UP Corporate Wellness Programme Autumn Mini-Olympics – miss it and you'll be missing out.

Today I will ... make the healthy (and fun) choice!

**Office of the Executive Director
Human Capital and Transformation**