



WELLNESS PROGRAMME

To find out more: email connect@unitec.ac.nz; check the Nest, or call (09) 815 2925



TEAM BUILDING

- » **GROUP RIDES**
Explore our campus, stimulate your mind, activate a sense of wonder. To book bikes, email oneplanet@unitec.ac.nz
- » **ANNUAL CHALLENGES** ★
Get a team together for annual walking or biking challenges - advertised on the Nest.
- » **FUN & GAMES**
A team building opportunity - a two-hour facilitated games session at the Unitec Sports Centre.

FLEXI-TIME ACTIVITIES

- » **STRAVA** ★
Need a bit of motivation to get walking or running? Join the other Unitec staff on Strava app & pit yourself against others online.
- » **WALKING ROUTES** ★
Choose your distance, grab a laminated map & go!!
- » **GYM SUBSIDIES**
The Unitec gym offers discounted rates to staff and it's so easy to get to before or after work!

SOCIAL EVENTS

- » **COFFEE MORNINGS** ★
Fortnightly opportunity to meet colleagues across the organisation while getting your coffee/tea fix for the day.
- » **MANAAKI WHENUA**
Join Ngā Kaitiaki roopu in their regular working bees to take care of our wahi tapu (sacred spaces) at Mt Albert campus.
- » **TED TALKS** ★
Once a month, a themed get together to watch a TED talk and have a rich discussion afterwards
- » **BOOK EXCHANGE**
Monthly meetings to share the books we love, discuss them and encourage each other to read more

CLUBS TO JOIN ★

- » **SUSTAINABILITY CLUB**
The club meets four times a year to air ideas, mix with like minded people, and help implement 'small but mighty' projects across both campuses.
- » **UNITEC SOCIAL CLUB**
Member- led, run by staff for staff. Get to know your colleagues through events covering a range of categories - culture, family friendly, brainy and end-of-year knees up.
- » **THE ALLY NETWORK**
The network is made up of gay, straight, cis and diverse gendered staff and students who want to support the building of an inclusive working and learning environment for all.

WEEKLY TIMETABLE

| | | | | | Staff led activities |
|--|---|---|---|---|------------------------------|
| | | | | | Unitec Sports Centre classes |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | Bootcamp 6.15 - 7.15am | | Bootcamp 6.15 - 7.15am | Yoga 6.30 - 7.30am | |
| ★ Massages (alternating campus) 10am - 2pm | Hula 12 - 12.30pm |  | Pilates 12.30 - 1.15pm |  | |
| | Yoga 12 - 12.45pm | Vege Garden (drop in for however long you can) 12 - 1pm | Badminton 12.30 - 2.30pm | Futsal 1 - 2pm | |
|  | Badminton 12.30 - 1.30pm |  | Body Blast PUMP 5.15 - 6.15pm |  | |
| | Body Blast HIIT 5.15 - 5.45pm | | Futsal 4 - 5pm |  | |

SESSIONS WITH STAR ★ AVAILABLE AT BOTH CAMPUSES

WORKSHOPS FOR HEALTHY LIVING ★

- » **BEESWAX WRAP**
- » **COMPOSTING OPTIONS**
- » **SHAMPOO & CONDITIONER BAR MAKING**
- » **HOUSEHOLD CLEANING PRODUCTS**
- » **DIY, DECOR TIPS**
- » **BREATHING TECHNIQUES**
- » **MEDITATION PRACTICES**

