GAO WELLNESS AND FITNESS CENTER

Accounting for Wellness

JULY 2016

JULY: Park and Recreation Month

The GAO Wellness and Fitness Center is celebrating Park and Recreation Month, an initiative of the National Recreation and Park Association, and all the ways parks and recreation has the power to transform our daily lives. From providing us places to get fit and stay healthy to fostering new relationships and forging a connection with nature, our close-to-home community park and recreation facilities provide essential services and improve quality of life.

POPULAR TRAILS & PARKS IN THE DMV

Black Hill Regional Park
Large regional park located in Boyds, MD with hiking trails and spectacular views of Little Seneca Lake. Natural areas within the park can be explored on foot, mountain bike or horseback.

Bull Run Regional Park
This park in Centreville, VA has three trails: the 17-mile Bull Run-Occoquan Trail that rises over wooded hillsides and crosses streams, the 2.5 mile White Trail that winds through woodlands, and the 1.5 mile Bluebell Trail with over 25 varieties of wildflowers.

Great Falls
An 800-acre park with 14 miles of hiking trails located along the Potomac River upriver from Washington DC. Visitors see gorgeous vistas and can explore the falls from the Maryland and the Virginia sides of the river.

Old Rag
A popular hiking destination with a summit elevation of 3,291 feet, located in the Blue Ridge Mountains of the Shenandoah National Park.

United States National Arboretum
A sprawling oasis of flowers, bushes, and trees featuring meandering walking trails, spacious gardens, cherry blossoms, azaleas, and even abandoned columns from the earliest days of the Capital.

The Yards Park - Spray Play
Kids can run through fountains and splash around at many area spraygrounds. A basin, waterfall, and fountains are open for play 8:00 am - 8:00 pm daily through October 31st.

For more information, visit www.traillink.com

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Corporate Fitness Works

Support for local parks is widespread, spanning:

AGE GROUPS

HOUSEHOLD TYPES

INCOME STRATA

POLITICAL AFFILIATION

7 IN 10 AMERICANS

GO TO THEIR LOCAL PARK

83% of Americans **personally benefit** from local parks

92% of Americans say their **communities benefit** from local parks

4 in 5 agree that local parks are **worth the tax dollars** spent on them

Americans see NRPA's 3 Pillars as the **chief priorities for local parks**

CONSERVATION

HEALTH & WELLNESS

SOCIAL EQUITY

National Recreation and Park Association (http://www.nrpa.org)

Reflexology by Sole Healing

Thursday, July 14
1:00pm – 6:00pm

30-Minute Reflexology Sessions

- **One Session: $40**
- **Back-to-Back sessions: $80**

Sign up online:
http://screenings.corporatefitnessworks.com
Username: GAO Password: screenings

GRAB A BUDDY!

Bring A Buddy Week
July 11-15

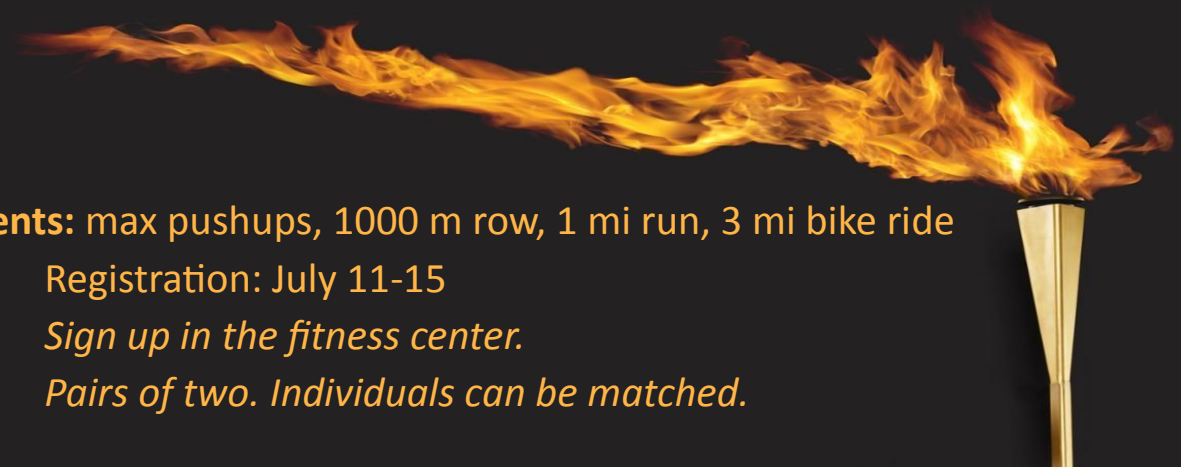
Bring a non-member to the GAO Wellness and Fitness Center for FREE and receive one FREE 30-min personal training session!

WHY WORKOUT BUDDIES HELP!
Tuesday, July 12 **Lunch & Learn*
12:00pm-1:00pm

BUDDY BODYSHOP
Wednesday, July 13
11:30am-12:15pm

Buddy Olympics July 17 - Aug 12

Compete in the Olympics with your buddy!



Events: max pushups, 1000 m row, 1 mi run, 3 mi bike ride

Registration: July 11-15

Sign up in the fitness center.

Pairs of two. Individuals can be matched.

Brag Board

We'd like to hear about your recent fitness-related accomplishments! In future issues of *Accounting for Wellness*, we'd like to showcase your feats in fitness in our Brag Board. If you'd like to be included in the next issue, please email a short description of your achievement including time, place and picture if available to fitnessc@gao.gov!

Upcoming Events in July

Monday	Tuesday	Wednesday	Thursday	Friday
Corporate Fitness Works				1 Holiday hours 6:00am-4:00pm
4 Federal Holiday Fitness Center CLOSED	5 Seated Massage	6 Complimentary Sun Damage Awareness Screenings	7	8
11 Bring A Buddy Week & Buddy Olympics Registration	12 Why Workout Buddies Help! - *Lunch & Learn* 12:00pm-1:00pm	13 Buddy Body Shop 11:30am-12:15pm	14 Reflexology	15
18 Buddy Olympics Training Week	19 Buddy Olympics Sport Specific Workshop 2:00pm-2:30pm Seated Massage	20	21 Buddy Olympics Sport Specific Workshop 11:00am-11:30am	22
25 Buddy Olympics Training Week	26 Buddy Olympics Pushup Workshop 2:00pm-2:30pm Seated Massage	27	28 Buddy Olympics Pushup Workshop 11:00am-11:30am	29