

Northeastern University

Human Resources Management

Attend WinterFest: *Healthy You - Healthy Heart*

Friday, February 14, 12:30 -2:30 at Solomon Track in Cabot Cage

Special gifts for the first 100 attendees

Music, refreshments, giveaways, fun for all!

WinterFest is a great opportunity for individuals who are already members of the **Healthy You Virgin Pulse** program to learn even more about its benefits. If you're not a member, it's a chance to join! Come learn more about the **Healthy You Virgin Pulse** program!

At **WinterFest** you can:

- Sign up for a **GoZone**, a digital pedometer that tracks your steps
- Earn up to 500 HealthMiles (points)
- Learn new ways to earn HealthMiles (points) and HealthCash – the more you do, the more you earn!
- Discover the new *Friends and Family* program – get healthier with your friends and family
- Learn about healthy habits for a healthy heart

Since April, when we launched the **Healthy You Virgin HealthMiles** program, now **Virgin Pulse**, Northeastern participants have taken more than one billion steps—the equivalent of 23 trips around the globe!

There are many **Healthy You** success stories. For example, **briana Sevigny**, Assistant Director in the Office of Student Conduct and Conflict Resolution, signed up for a **Healthy You Virgin Pulse GoZone**, a digital pedometer, and discovered that modest changes significantly improved her health. Last spring **briana** completed her first 5K; now she is training for a 10K.

And, she used her **HealthCash**—\$225 earned since April—to buy new clothes, in a smaller size! [Read briana's story.](#)

Bring your walking shoes and a colleague; it's all for a **Healthy You**!

