

Starport Newsletter

May 2013



<http://starport.jsc.nasa.gov/>

May is Health and Fitness Month at JSC: Get Fit, Complete Challenges, and Win Prizes!

Join us in variety of health & fitness related challenges, activities, classes, and more throughout the entire month for your chance to get tickets and win prizes! Event participants receive a ticket for the random prize drawing to be held on Friday, May 31 at 3pm in the B3 Starport Gift Shop. Participants can earn multiple tickets, win additional prizes, and receive free gear for participating in challenge events. Tickets must be placed in boxes located at the Gilruth Center and the B11 Gift Shop by 2pm and the B3 Gift Shop by 3pm on Friday, May 31. See calendar below for a complete listing of all the fun challenges and activities and visit our [website](#) for additional details.

MON	TUES	WED	THURS	FRI
	Be sure to like us on Facebook!	1	2	3
6	7	8 Mini-Fitness Expo B3 café 11am-1:30pm	9 Poker Walk Challenge B11 - 11am	10
ONLINE SCAVENGER HUNT				
13	14 Meal Purchase	15 Fitness ViTS	16 Prediction Run Challenge Gilruth - 7am	17 Bike to Work
20	21	22 Mini-Fitness Expo B11 café 11am-1:30pm	23	24
INDOOR TRIATHLON				
27	28 Meal Purchase	29 Fitness Challenge Gilruth Strength & Cardio Center TBA	30	31 3pm - Grand Prize Drawing

Earn tickets throughout the entire month!

Receive one ticket for:

- Biking to work
- Attending any Starport group exercise or Inner Space class
- One ticket per week if enrolled in Boot Camp, Ballroom Dancing, or League Sports



Random Drawing Prizes Include:

- \$100 Gift Card to Academy
- 12 Week Inner Space Membership
- Health and Fitness Month Shirt (\$275 Value)
- Polar FT4F Heart Rate Monitor
- 6 Week Inner Space Membership
- Health and Fitness Month Shirt (\$185 Value)
- 60 Minute Massage
- 4 Week Inner Space Membership
- Health and Fitness Month Shirt (\$150 Value)
- Personal Training Session
- 4 Week Inner Space Membership
- Health and Fitness Month Shirt (\$135 Value)

Meet Starport's New Wellness Manager



Starport is proud to have as our new Wellness Manager Joseph Callahan, Ph.D. Raised in Amarillo, Texas, Joseph received his undergraduate degree in sports and exercise sciences from West Texas A&M University before earning his doctorate from Texas Tech University where he studied the influence of various psychological and educational theories on physical activity across the lifespan.

Throughout his career, Joseph has always been involved in the health promotion field in one way or another. In his most recent position, Joseph served as the Wellness Director for Amarillo National Bank where his program earned Platinum level recognition from the American Heart Association and the Gold level award from the Wellness Councils of America (WELCOA). He has led seminars for conferences and sports teams, served as a faculty member at Texas Tech, and consulted with numerous companies regarding wellness programming.

Joseph is married to his wife Jennifer who shares his passion for physical activity. He enjoys staying active and is committed to working with community organizations interested in improving health outcomes and educational attainment.

What's going on in our Cafés and Gift Shops:

JSC Federal Credit Union—B3 & B11
May 1 - 11am-1:30pm

First Tuesday
10% Discount to Partner Companies in Gift Shops
May 7

Sam's Club—B3 Cafe
Every Thursday - 10:30-2:30

Masquerade Jewelry \$5 Jewelry Sale
B3 Café
May 23 - 8am-3pm

Asian Pacific Heritage Month Menu
Wednesdays in the Cafés