

GetFit MSM
“We walk the talk!”

What is GetFit MSM?



The mission of GetFit MSM is to support an affirming, inclusive culture of healthy eating, active living, and organizational wellness at Morehouse School of Medicine. We strive to nurture a fun, inspiring, group of MSM faculty and staff interested in improving our personal wellness, and supporting a healthy work environment at Morehouse School of Medicine.

Activities:

- **Wellness Assessments:** Comprehensive wellness assessments will be available to all MSM personnel on an appointment basis. The assessment will include biometrics (height, weight, waist circumference); fitness (CV fitness, flexibility, muscular strength); nutrition; and mental health. A wellness assessment schedule will be posted online and at the GetFit MSM office for sign-ups.
- **GetFit Workout Crew:** 25 participants will be selected for the first pilot cohort of our 12-week GetFit Workout Crew: Weekly workouts will be hosted on Mondays at 5:30 pm SHARP. All workouts will be hosted on or near the MSM Main Campus, unless otherwise stated. We will mix up the workout on a weekly basis: African Dance, Kickboxing, Circuits, Yoga, Pilates, Boot Camp, Track & Field drills, etc. All workouts will be scaled to each person's skill level and injury/age friendly. All workouts will be led by an experienced fitness professional. Every week we will do a goal check-in to ensure the team is on track with their wellness plan! The Workout Crew is encouraged to take advantage of other wellness activities available through MSM throughout the week!
- **Wellness Tip and Challenge:** Each week will feature a brief wellness tip, and a wellness challenge will be called for the entire group. Complete the weekly challenge and post your proof on our Social Media page (picture or video) to get in the drawing for a special prize!
- **Wellness Activations:** Various community wellness events (e.g. challenge course, field day, walk/run/bike events; BeltLine tours; community garden; spa days) will be organized on a monthly basis.

How much is this going to cost?

Wellness assessments will be offered **free** of charge to all MSM faculty, staff and students. All MSM personnel will also be able to participate in weekly wellness tips and challenges for **free**. Our on-campus monthly wellness activations will be **free** to the MSM community. Off-campus wellness activation may involve a small fee. Selected GetFit Workout Crew members will pay a membership fee of \$25.00 for the 12-week pilot cohort. The \$25.00 fee covers the cost of GetFit MSM t-shirts, swag items, goal setting and counseling, prizes and incentives, and participation in the Monday workout group.

Meet Our Team: Jammie Hopkins, DrPH (Co-Leader and Coach); Sayon Cooper, MPH (Co-Leader and Coach); Divine Offoegbu, DrPH (Logistics Coordinator); Atuarra McCaslin (Communications Coordinator)

Interested in joining GetFit MSM?

Please contact Jammie Hopkins at 404-756-8923 or send an e-mail to jhopkins@msm.edu.

Let's GET FIT Morehouse School of Medicine!!!

GetFit MSM is a collaborative effort supported by the MSM Department of Community Health and Preventive Medicine, Optimal Health and Wellness Clinic, Satcher Health Leadership Institute, and the Prevention Research Center.