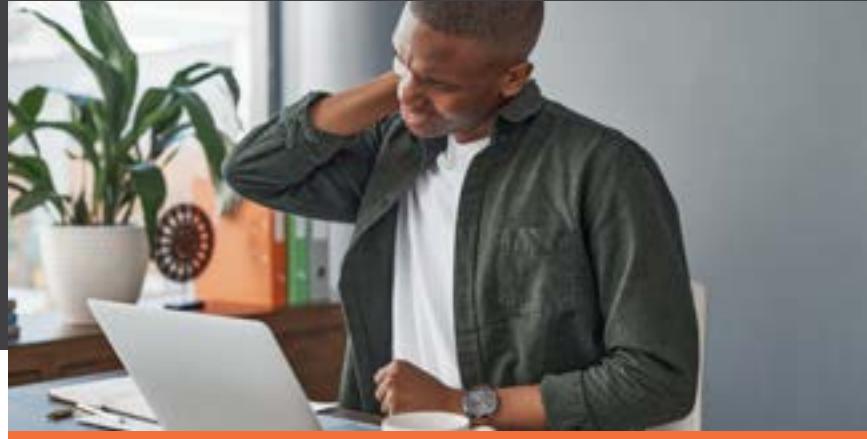


Wellness News

FEBRUARY 2026



BENEFIT ELIGIBLE EMPLOYEES

A MEMBERSHIP TO WEST HILLS IS A PART OF YOUR BENEFITS PACKAGE—YOU JUST NEED TO ACTIVATE IT!

Your membership includes:

- Full service fitness center including turf training area, large selection of cardio equipment, plate-loaded and selectorized strength equipment and free weights
- Complimentary equipment orientation
- All group fitness classes
- Access to sauna and whirlpool
- Receive member rates on all tennis, pickleball and fitness programming.

[FOR MORE INFO >](#)

TECH NECK AND HOW TO FIX IT

Tech Neck is the term for the aches and pains caused by constantly looking down at phones or hunching over computers. It leads to chronic neck, back, and shoulder pain, headaches, numbness in the arms and hands, and limited mobility. Posture and strength training is the solution.

Most people think stretching is the answer, but for Tech Neck it can actually make things worse. The muscles in the neck, upper back, and shoulder blades are already overstretched from slouching. The modern approach is to strengthen them instead. True strength training uses enough resistance to fatigue a muscle in 6–10 reps. If you can do 12+ reps, you're training endurance—not strength—and won't correct the issue.

Personal trainers will tell you that 90% of form issues are posture issues. Good posture not only reduces pain, it's now considered a marker for longevity. People with better posture live longer! This matters even more for retirees, who face osteoporosis and age-related muscle loss (sarcopenia).

Long hours at a computer can produce neck pain however adding strength training to your routine can help. Ergonomic chairs and breaks help, but without stronger muscles, the pain returns. Strength training is essential for aging well—it increases bone density, reverses decades of muscle loss, boosts metabolism, improves sleep and energy, reduces cancer risk, improves stress, and yes, fixes Tech Neck.

If too much screen time leaves you with neck or back pain—personal training at West Hills can help.

[FOR MORE INFO >](#)



MEMBERSHIP OPTIONS BENEFITS ELIGIBLE EMPLOYEES

See all West Hills has to offer at wmich.edu/westhills

TAKE ADVANTAGE OF YOUR **FREE** MEMBERSHIP!

Every full-time WMU employee has a membership at West Hills Athletic Club, all you have to do is activate it! Your membership is redeemable as a taxable benefit. For questions or to schedule a tour, please call (269) 387-0410.

OPTION 1

CLUB ACCESS

MONDAY–FRIDAY



11 a.m.–2 p.m.
4:30–6:30 p.m.

EMPLOYEES

\$170 will be reported as extra income and will be taxed.

SPOUSES

\$170/year • upfront cost

MEMBERSHIP INCLUDES EQUIPMENT ORIENTATION



ADD ON WEEKEND ACCESS FOR ONLY \$18/MONTH!

UPGRADE TO FULL ACCESS ANY TIME

KIDS

AGES 12 AND UNDER • FREE

MEMBERSHIP OPTIONS

BENEFITS ELIGIBLE EMPLOYEES

See all West Hills has to offer at wmich.edu/westhills

OPTION 2

CLUB ACCESS

MONDAY–FRIDAY



5 a.m.–5 p.m.

EMPLOYEES

\$400 will be reported as extra income and will be taxed.

SPOUSES

Only \$222 with an activated employee membership! \$400 if employee does not activate membership.

MEMBERSHIP INCLUDES EQUIPMENT ORIENTATION

OPTION 3

UPGRADE TO

FULL ACCESS



ALL HOURS OF OPERATION

EMPLOYEES

\$260/year or \$21.66/month
Plus \$400 will be reported as extra income and will be taxed.

SPOUSES

\$360/year or \$30/month

Payroll deduction over 10 pay periods available

FULL ACCESS MEMBERSHIP INCLUDES

A half hour session with a personal trainer

Body composition analysis

Equipment orientation

KIDS

AGES 12 AND UNDER • FREE

AGES 13–20

Add \$240/year or \$20/month
Must be 13 to use the fitness center.



Access times match parents' plan

For questions or to set up a tour of West Hills Athletic Club, please call (269) 387-0410.

[MORE INFO >](#)