

FACULTY AND STAFF WELLNESS PROGRAM

SPRING 2015 - ACTIVITY CLASSES

Online registration begins the week of November 17th and ends Wednesday, January 2nd at noon. You will register and pay online at: go.udayton.edu/hrwellness. A Rec Plex membership is NOT required to attend these classes. In addition you no longer need a medical note from your doctor, but you will need to sign a medical waiver which is available when you register online.

INDOOR CYCLING

DATE: Mon. & Wed., Jan 12 – April 29
TIME: 7:05am – 7:50am
LOCATION: RecPlex Studio A
INSTRUCTOR: Candida Crasto
FEE: \$20.00

YOGA

DATE: Wed. & Fri., Jan 14 – May 1
TIME: 12:05pm – 12:50pm
LOCATION: RecPlex Studio C
INSTRUCTOR: Melissa Ledinsky
FEE: \$20.00

MUSCULAR STRENGTH & ENDURANCE

DATE: Tues. & Thurs., Jan 13 – April 30
TIME: 6:45am – 7:45am
LOCATION: RecPlex Studio B & Weight Room
INSTRUCTOR: Ben Schweiterman
FEE: \$20.00

ZUMBA – FRIDAY ONLY

DATE: Friday, Jan 14 – May 1
TIME: 12:05pm – 12:50pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Marcia Perio-Epps
FEE: \$10.00

WALKING CLUB

DATE: Mon., Wed., Fri., Jan. 12 – May 1
TIME: 12:00 pm – 1:00pm
LOCATION: RecPlex Track
INSTRUCTORS: Walking Leaders
FEE: \$20.00

YOGA - FITZ HALL:

DATE: Tues. & Thurs., Jan 13 - April 30
TIME: 12:00 pm – 12:50 pm
LOCATION: FITZ Room 674
INSTRUCTOR: Robin Oldfield
FEE: \$20.00

PILATES

DATE: Tues. & Thurs., Jan 13 – April 30
TIME: 12:05pm – 12:50pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Melissa Ledinsky
FEE: \$20.00

ROWING

DATE: Tues. & Thurs., Jan 13 – April 30
TIME: 12:05pm – 12:50pm
LOCATION: Frericks Rm 33
INSTRUCTOR: Brittany Adell
FEE: \$20.00

BODY SCULPTING

DATE: Mon. & Wed., Jan 12 – April 29
TIME: 12:05pm – 12:50pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Marcia Perio-Epps
FEE: \$20.00

THE CONCOURSE CIRCUIT

DATE: Tues. and Thurs., Jan 13 - April 30
TIME: 11:45am - 1:00pm (Flex start time)
LOCATION: UD Arena
INSTRUCTOR: Pam Nelson
FEE: \$20.00 (No class 3/3 and 3/5)

ZUMBA - EVENING

DATE: Tues. & Thurs., Jan 13 – April 28
TIME: 5:15pm – 6:00pm
LOCATION: RecPlex Studio B
INSTRUCTOR: TBD
FEE: \$20.00

**NO CLASSES: Jan 19th (Martin Luther King Holiday)
April 3 & 6 (Easter Holiday)**



SPRING 2015 SPECIAL PROGRAMS/EVENTS

Get Up UD Challenge:

Join your co-workers for a Get Up UD Challenge in 2015! The challenge will involve focusing on Get Up Montgomery County's core messages of 5, 2, 1 almost none. This means 5 Fruits/Vegetables per day, less than 2 hours of screen time, 1 hour of activity per day, and almost no sugary beverages. The challenge can be done online and weekly recipes and tips will be provided. Stay tuned for more information.

Smoking Cessation Classes:

This program is modeled after the Mayo Clinic cessation program and will be facilitated by Bruce Barcelo, a certified Tobacco Treatment specialist. All participants receive free NRT patches for one month (\$80-100 value) and the program is FREE for employees. Jan 21st, Jan 28th, Feb 4th and Feb 11th in Kennedy Union Room 310 from 12-1 pm. Please register at: go.udayton.edu/hrwellness

To celebrate American Heart Month and National Nutrition Month a Brown Bag Lunch Bunch:

Join your Wellness Coordinator, Theresa Gilbert for a weekly brown bag lunch for various discussion topics related to nutrition/wellness. She will facilitate group discussions to generate idea sharing, provide resources and tips to make it easier to meet your nutrition goals. Theresa is a Registered, Licensed Dietitian with 25 years of experience and her approach is to create learning opportunities by listening to her audience and helping individuals develop simple, achievable and realistic goals. Joan Bauman, Kennedy Union Registered Dietitian will also join us and share information on Net Nutrition. Other special guests may also attend these luncheons, so stay tuned!

Please register at: go.udayton.edu/hrwellness to attend the Wellness Brown Bag Lunch Bunch sessions. The topics will also be used for wellness on the go programs below. You will be notified by email of the topic prior to each session so you can cancel closer to the event if you decide you do not want to attend.

Dates: Wednesdays in February 12:00-1:00 pm, Kennedy Union Room 207

Dates: Thursdays in March 12:00-1:00 pm, Kennedy Union – Room 211 (3/5); Room 207 (3/12 and 3/19)

Wellness on the Go:

These are topics you can select and coordinate a presentation in your own department! Classes are 30-60 minutes depending on needs. Please contact Theresa at 229-2743 or tgilbert1@udayton.edu to schedule the classes.

Topic	Instructor	Description
Chair Yoga	Robin Oldfield	This session is perfect for those wanting a quick way to stretch your body and relieve tension while at work. Prolonged work on the computer strains many muscles, including the neck, shoulder and back muscles, which leads to tension and stiffness. Chair/Office yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. This session will also include linking breath with movement and a guided meditation to relax and revitalize the mind and body.
Managing Meal Times	Theresa Gilbert	Learn tips to meal planning to help you feel healthier mentally and physically, save time and money! Simple recipes and excellent tips and tools will be shared to transform your kitchen into a quick and easy meal making machine!

Mindful Eating	Theresa Gilbert	Learn simple and powerful techniques to help you become more in tune with your body, particularly your ability to notice when hunger cues arise and when you are satisfied with your meals/snacks. Becoming more mindful at mealtimes can transform your relationship with food and help improve balance, variety and moderation. Learn about tools you can take home and use with your family!
The wonderful World of Whole Grains	Theresa Gilbert	The 2010 Dietary Guidelines focus on making half your grains whole! But what exactly is a whole grain? Learn some new recipes using whole grains and how to read labels to identify great sources of whole grains. Consuming more whole grains can help increase overall fiber intake and help with satiety and weight control.
Dining Tips for Brown Street and On Campus Dining	Theresa Gilbert and Joan Bauman	Learn about the new program, called Net Nutrition for campus food service facilities and tips for eating healthy on Brown Street.

Ceridian Life Works is our Employee Assistance Program – Please go to www.lifeworks.com and enter **university** as your username and **dayton** as your password. This is a free, confidential service for you that is an employee resource program to help manage personal issues at work or at home. It also includes health and wellness coaching that can be done over the phone. There are also online self-paced workshops, interactive tools and trackers and a health library available. Topics can range from quitting smoking, heart health, aging well, navigating the health care system, healthy eating and exercise, family/parenting issues, time management, financial management and managing stress. You can also use their wellness tools website. From the life works website home page, go to the Quick Links, then choose Wellness Tools. You will be asked to register to use the Life Works Wellness site.