

Success At Wes

Wellness



Welcome

Denise White-Patterson

Associate Director of Benefits

Scott Bushey

Athletic & Wellness Coordinator

Maggie Downie

Personal Euphoria



Agenda

- Cardinal Fit Motivate Me Points Program
- Adult Fitness Program
- Cardinal Fit Challenges
- Lunch & Learns
- Personal Euphoria – Neck & Shoulders

Cardinal Fit Motivate Me Points Program

Cardinal Fit Motivate Me Points Program

The Cardinal Fit Motivate Me Points Program is a great way for you and your spouse or domestic partner to get motivated to take positive steps toward a healthier life. You can earn points for eating healthy, staying active and visiting your healthcare providers annually.

- Employee and spouse/domestic partner can earn up to \$150/150 points each on a semi-annual basis (maximum annual points 300)
- Record your activities in WesPortal - My Information - Wellness Points
- Payments paid in January and July - taxable benefit

[My Wellness Points Program](#) / [Activity Summary](#) / [Spouse/Partner](#)

My Wellness Points Program

Activity For

Denise White-Patterson

2020

To begin earning points click 'Report' for the activity you have completed. For more information about this program go to the [Wellness Website](#).

Last day to report is 07/14/2020

\$100 AWARD
Complete an annual preventive care exam

Complete an annual preventive care exam

[Report](#)

\$5 EACH MONTH AWARD
Complete a monthly physical activity.

Physical activity is an important part of a healthy lifestyle, but sometimes it's hard to stay motivated.

- There are a number of ways to incorporate physical activity into your life and earn points at the same time. You will be awarded 5 points for each... [Read more »](#)

[Report](#)

\$5 EACH MONTH AWARD
Complete a monthly health management activity.

It's important to lead a healthy lifestyle. You will be awarded 5 points for each month you successfully complete an activity listed below. You can earn a maximum of 5 points a month. Here are the activities that can assist you improve your lifestyle habits while also... [Read more »](#)

[Report](#)

\$5 EACH MONTH AWARD
Complete a monthly healthy eating program.

Good nutrition is an important part of a healthy lifestyle. Whether your goal is to feel good, manage your weight, or prevent health problems, you can now participate in a program that offers additional motivation for healthy eating. Healthy eating... [Read more »](#)

[Report](#)

\$25 AWARD
Complete an annual weight management program

If weight management is one of your goals, you will be awarded points for successfully completing a sponsored weight loss program and reaching your target weight. A sponsored weight loss program could include, but is not limited to, the following: ...

[Read more »](#)

\$25 AWARD
Complete a preventative dental care exam - first half of the year.

Complete a preventative dental care exam.

\$15 AWARD
Receive an annual flu vaccine.

Receive an annual flu vaccine.

[Report](#)

\$75 AWARD
Complete a colon screening.

A colonoscopy can help in the early detection of colon cancer. The U.S. Preventive Services Task Force (an independent panel of national experts) has important information for you to review regarding the frequency of this screening.

[Report](#)

Adult Fitness Program



Adult Fitness Program

Explore the Adult Fitness classes taught by certified fitness instructors. Whether you are looking for a yoga or boot camp class, a beginner or advance level class, there's a class for everyone.

- Fitness classes are offered each semester – Fall/Spring/Winter Break/Summer
- Classes are held at the Freeman Athletic Center
- Classes are Free!

To see the class schedule, meet the fitness instructors and register, visit the Adult Fitness website at:

https://athletics.wesleyan.edu/information/community/adult_fitness/adultfitness

Join at any time during the session.

Adult Fitness Program

WESLEYAN ADULT FITNESS

Early Spring 2020 Schedule

January 27th-March 20th

Monday

Zumba
12:05pm-12:50pm
Fayerweather 108
Casey

Tuesday

Total Fitness
6:45am-7:30am
Fitness Center
Sue

Vinyasa Yoga
12:05pm-12:50pm
Multi-Use Room 2/3
Francesca

Boot Camp
12:05pm-12:50pm
Fitness Center
Ngozi

Wednesday

HIIT
12:05pm-12:50pm
Multi-Use Room 1
Anastassia

**Gentle Restorative
Yoga**
12:05pm-12:50pm
Multi-Use Room 3
Laurie

Thursday

Tai Chi
12:05pm-12:50pm
Multi-Use Room 2
Tom

**Sweat &
Surrender Yoga**
12:05pm-12:50pm
Multi-Use Room 3
Francesca

Friday

**Core Strength &
Stretch Yoga**
12:05pm-12:50pm
Multi-Use Room 2
Sue

Classes in Freeman Athletic Center
Questions? Contact Scott Bushey sbushey@wesleyan.edu

Adult Fitness Program

Class Descriptions

Zumba - Casey

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® Fitness classes are often called exercise in disguise.

Vinyasa Yoga - Francesca

In All Levels Vinyasa Yoga class you will practice a dynamic flow creating a union of mind, body and soul. You can expect to learn Traditional Sun Salutations, emphasis on proper alignment, creative movement from posture to posture, building strength, core engagement, balance and holding poses to help create or deepen flexibility and breath. Modifications are always given along with the option to challenge yourself further. In this class you are encouraged to choose your own pace and just go with the flow. A yoga mat is required. Any other yoga props, blocks and straps are recommended but optional. This is an all levels class so beginners are always welcome!

Gentle Restorative Yoga - Laurie

This well-rounded yoga class focuses on alignment and anatomy for a safe yoga practice. It will address lower back, shoulders, neck and other vulnerable areas prone to injury.

Core Strength & Stretch Yoga - Sue

Emphasis on core strength helps keep you safe, while challenging your body to stay strong. Incorporating a beautiful yoga flow that stretches the body as your strength builds.

HIIT - Anastassia

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Sweat & Surrender Yoga - Francesca

A quicker paced Vinyasa to get the body aligned and awakened for about 20 minutes. Then 20 minutes of restorative yin postures and complete relaxation (possibly essential oil assists at the end) to cool and calm the body and mind for a blissful savasana (final relaxation pose).

Tai Chi - Tom

Beginners and intermediate level Tai Chi participants will find this ancient mind/body art class to be relaxing and invigorating. Tom teaches an effective method to improve balance, agility and coordination in healthy and functional ways that promise to enhance our everyday activities. Please wear loose, comfortable clothing.

Total Fitness - Sue

Toning your entire body! Learn ways to burn muscle and burn fat. Meeting in the fitness center.

Boot Camp - Ngozi

Each class begins with stretching and a cardiovascular warm-up. Your workout will include a variety of exercises meant to challenge you in a way that you would likely not challenge yourself independently. This might include push-ups, burpees, squats, lunges, and various forms of plyometric and interval training. Since no two classes are ever the same, your body is constantly being challenged, maximizing results!

Follow us on Facebook - Wesleyan University Adult Fitness and Wellness Program

Discover Wellness

Cardinal Fit Challenges



Cardinal Fit Challenges

Celebrate wellness by joining other employees in a month-long Cardinal Fit Challenge. Challenges vary in nature and emphasize behaviors that become a part of your daily routine.

Challenges are designed to focus on healthy living through exercise, nutrition, mindfulness and teamwork!

The next challenge will be “Cardinal Heart Health Challenge”! Beginning on Monday, March 2nd through Friday, March 27th, details will be announced!

Lunch & Learn



Lunch & Learn

Wellness Lunch & Learn targets current health concerns, fitness and healthy lifestyle topics. Sessions are offered during the Fall and Spring semesters.

Topics include:

- Motivation to Move
 - Happy Feet & Back
 - Desk Fitness
 - Meditation
- Attend the next Lunch & Learn, "Stress Less" - Wednesday, April 1st, 12:15 – 1:15 Freeman Athletic Center Classroom.
 - Register for sessions through Success at Wes.

Personal Euphoria – Neck & Shoulders

Enjoy!

Who to Contact!

Questions

Email: wellness@wesleyan.edu

