

Healthy UNCG

What's Happening

- 2017 RECAP
- ACTIVEU GROUP CLASSES
- NUTRITION CONSULTS
- FITNESS ASSESSMENTS
- SAVE THE DATE

contact us today

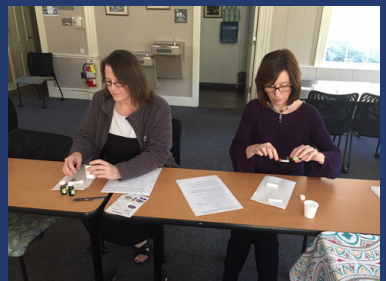
healthyuncg@uncg.edu

336-334-4131

healthy.uncg.edu

2017 HIGHLIGHTS

- Free Fitness Assessments
- More group fitness offerings & wellness challenges
- National Walking Day
- Employee Field Day
- Monthly newsletter
- Nutrition workshops and cooking classes!
- Registered Dietitian available ON campus for UNCG employees
- Record PWP participation!
- New partnerships with Kinesiology and Nutrition
- Employee Wellness Month with NEW events
- State Conference Presentation and Recognition



Wellness

3S Movement Challenge

3S = Sip. Stand. Stretch.

4 week individual challenge.

Weekly Prizes!

Grand Prize worth \$150!

Lots of fun.

Better health.

Challenge
begins
February
5th!

[Click here to sign up & learn more](#)

WE NEED YOUR HELP!

Is UNCG meeting your wellness needs and expectations? What activities, resources or information would help you to achieve your wellness related goals? Do you feel supported in your current efforts? Join our focus group to provide your insights to help guide employee wellness initiatives that meet the needs and interest of employees.

February 13th 1-2pm

FREE LUNCH!

Sign up *here!*



Fitness



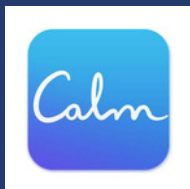
Fitness Lending Library has new items!

Check out HealthyUNCG's Fitness Lending Library! HealthyUNCG's Fitness Lending Library allows employees and departments to "check out" various fitness equipment to use while in the office. Includes over 75 items and we will even deliver the items to you and pick up the items when you are finished with them!

Another desk elliptical!
Jump ropes
Bosu Ball
Resistance band loops

Check out our full list of items *HERE!*

HealthyUNCG staff favorite health apps



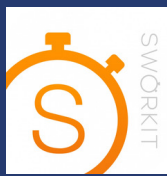
Calm has free guided meditations and sleep stories to help you relax, sleep and feel happier.



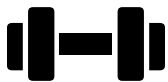
My Fitness Pal tracks diet and exercise to determine optimal caloric intake and nutrients.



Lifesum helps track your food and health habits! Get diet tips, recipes and a personalized meal planner.



SworKit allows you to customize and play personalized video workouts that fit into your life.



Fitness



Free Fitness is Back!

ActiveU - More classes, more variety, more times!

See schedule on page 6

Open swim - Wednesdays 6:30 - 8:00 am

Fridays 12:00 - 1:30 pm

Noon ball (pick up basketball)- Every day at 12:00 pm

FREE fitness assessments!

HealthyUNCG

Date: January 22-23rd &
29th-30th

Time: Appointment only

Location: Coleman 231

*open to any UNCG
employee*

[Click here for an appointment](#)

Kaplan Center

Date: January 16th – 18th

Time: 5:00 pm – 7:00 pm

Location: Kaplan Center

Personal Training Suite

members only

Sessions at the Kaplan Center are filled on a first come-first serve basis. If you are interested in receiving your fitness assessment, we encourage you to arrive early.

[Click here for more information](#)

The fitness assessment include blood pressure, weight, body fat measurement, cardio vascular fitness, core strength and flexibility. Please come dressed in clothing appropriate for functional movement.

X GROUP EXERCISE

MONDAY	TIME	CLASS	INSTRUCTOR	RM
	6:30AM-7:30AM	SUNRISE YOGA	☺ KANISHA	2
	6:30AM-7:30AM	BOXWOD	SAM	B
	7:00AM-7:30AM	GRIT CARDIO/PLYO	KALEIGH	1
	7:00AM-7:45AM	BODYCOMBAT EXPRESS	☺ LEXIE	4
	7:45AM-8:15AM	CXWORK	☺ LEXIE	4
	8:30AM-9:30AM	BARRE	NATALIE K	4
	8:30AM-9:15AM	SPIN45	☺ SARAH	C
	12:15PM-1:00PM	SPIN45	☺ ALEX	C
	5:00PM-6:00PM	POUND	RACHELLE	1
	5:00PM-6:00PM	ZUMBA	NATALIE R	3
	5:00PM-6:00PM	BOXWOD	SCOTT	B
	5:15PM-6:15PM	BODYPUMP	☺ ABAGAYLE	4
	5:30PM-6:15PM	SPIN45	☺ BETH	C
	6:10PM-7:10PM	BODYCOMBAT	TAYLOR KELSEY	3
	6:25PM-6:55PM	CXWORK	ABAGAYLE	4
	7:00PM-8:00PM	BARRE	NORMA	4
	7:20PM-7:55PM	KETTLEBELL BOOTCAMP	GABBY	3
	7:30PM-8:00PM	GRIT CARDIO/PLYO	TAYLOR	1
	7:30PM-8:30PM	POWER YOGA	HALLIE	2
	8:00PM-9:20PM	CORE	GABBY	3
	8:10PM-9:10PM	BODYPUMP	ALEXA	4
	8:15PM-9:15PM	BOOTCAMP	TRAVIS	PT
	8:45PM-9:30PM	SHBAM	PAUL	2

WEDNESDAY	TIME	CLASS	INSTRUCTOR	RM
	6:30AM-7:30AM	BOXWOD	☺ SAM	B
	6:30AM-7:30AM	SUNRISE YOGA	☺ KANISHA	2
	7:00AM-7:45AM	BODYCOMBAT EXPRESS	☺ LEXIE	4
	7:45AM-8:15AM	CXWORK	☺ LEXIE	4
	8:30AM-9:30AM	BARRE	NATALIE K	4
	10:00AM-11:00AM	VINYASA YOGA	☺ HALLIE	2
	5:00PM-6:00PM	BOXWOD	SCOTT	B
	5:00PM-6:00PM	POUND	☺ RACHELLE	1
	5:00PM-6:00PM	STRIKE (STARTS 11/17)	LINDA	3
	5:15PM-6:15PM	BODYPUMP	GABBY	4
	5:30PM-6:15PM	SHBAM	☺ PAUL	2
	5:30PM-6:30PM	AQUA INTERVALS	☺ NORMA	P
	6:00PM-6:45PM	SPIN45	LIZZY	C
	6:10PM-7:10PM	BODYCOMBAT	ALI ALEXA	3
	6:25PM-6:45PM	CORE	GABBY	4
	6:30PM-7:30PM	RESTORATIVE YOGA	☺ JESSICA	2
	7:00PM-8:00PM	BARRE	NORMA	4
	7:30PM-8:00PM	GRIT CARDIO/PLYO	LIZZY	1
	7:30PM-8:30PM	BOOTCAMP	TRAVIS	PT
	8:10PM-9:10PM	BODYPUMP	EMILY ALEXA	3
	8:15PM-8:45PM	GRIT STRENGTH	KALEIGH	1
	8:45PM-9:45PM	ZUMBA	Z	2

SAT	TIME	CLASS	INSTRUCTOR	RM
	10:15AM-11:15AM	BOOTCAMP	☺ TRAVIS	PT
	10:30AM-11:30AM	BODYPUMP	☺ ALEXA	3

TUESDAY	TIME	CLASS	INSTRUCTOR	RM
	7:00AM-8:00AM	SUNRISE YOGA	☺ HALLIE	2
	7:30AM-8:15AM	SPIN45	☺ LIZZY	C
	7:30AM-8:30AM	BODYPUMP	☺ LEXIE	4
	12:30PM-1:30PM	VINYASA YOGA	☺ NANCY	2
	5:00PM-5:30PM	GRIT CARDIO/PLYO	KANISHA	1
	5:00PM-6:00PM	BODYPUMP	ABAGAYLE	3
	5:30PM-6:30PM	BODYCOMBAT	☺ TAYLOR	4
	5:30PM-6:00PM	HIT CYCLE	LINDA	C
	5:30PM-6:30PM	AQUA INTERVALS	☺ NORMA	P
	6:15PM-7:00PM	KETTLEBELL BOOTCAMP	NATALIE K GABBY	3
	6:40PM-7:40PM	ZUMBA	Z	4
	7:00PM-7:30PM	GRIT STRENGTH	TAYLOR	1
	7:00PM-8:00PM	SPIN & CORE	BETH	C
	7:05PM-7:25PM	CORE	NATALIE K GABBY	3
	7:35PM-8:35PM	BODYPUMP	EMILY MIRACLE	3
	8:15PM-9:00PM	TRX CORE	TRAVIS	1
	8:15PM-9:15PM	BODYCOMBAT	LIZZY	2
	8:30PM-9:30PM	MOVE N GROOVE	ALEXIS	4

THURSDAY	TIME	CLASS	INSTRUCTOR	RM
	7:00AM-8:00AM	SUNRISE YOGA	☺ HALLIE	2
	7:00AM-7:45AM	BODYCOMBAT EXPRESS	LEXIE	4
	7:45AM-8:15AM	CXWORK	LEXIE	4
	8:30AM-9:15AM	SPIN45	SARAH	C
	12:30PM-1:30PM	VINYASA YOGA	☺ NANCY	2
	12:30PM-1:00PM	GRIT STRENGTH	☺ KALEIGH	1
	4:30PM-5:30PM	BARRE	JESSICA	3
	5:00PM-6:00PM	BODYPUMP	GABBY	4
	5:00PM-5:30PM	GRIT STRENGTH	TAYLOR	1
	5:30PM-6:15PM	SPIN45	☺ LINDA	C
	5:40PM-6:40PM	ZUMBA	☺ RACHELLE NATALIE R	3
	6:45PM-7:45PM	BODYPUMP	EMILY MIRACLE	4
	6:50PM-7:50PM	BODYCOMBAT	ALI KELSEY	3
	8:15PM-9:00PM	TRX CORE	TRAVIS ABAGAYLE	1
	8:30PM-9:30PM	MOVE N GROOVE	ALEXIS	4

FRIDAY	TIME	CLASS	INSTRUCTOR	RM
	6:30AM-7:30AM	MOBILITY WOD	☺ SAM	B
	7:30AM-8:00AM	GRIT STRENGTH	☺ LIZZY	1
	12:00PM-1:00PM	BODYCOMBAT	☺ ALEXA	4
	12:15PM-1:00PM	BODYPUMP EXPRESS	☺ ABAGAYLE	3
	12:15PM-1:00PM	SPIN45	☺ ALEX	C
	1:00PM-1:30PM	CXWORK	ABAGAYLE	3
	5:00PM-6:00PM	MOBILITY WOD	SCOTT	B
	5:30PM-6:15PM	SHBAM	☺ PAUL	2
	6:30PM-7:30PM	BOOTCAMP	KALEIGH TRAVIS	PT

SUN	TIME	CLASS	INSTRUCTOR	RM
	5:15PM-6:15PM	POUND	☺ RACHELLE	1
	5:30PM-6:30PM	ZUMBA	☺ Z	2
	6:00PM-7:00PM	BODYPUMP	EMILY MIRACLE	4

KEY
 1 - Studio 1
 2 - Studio 2
 3 - Studio 3
 4 - Studio 4
 C - Cycle Studio
 P - Pool
 PT - Outside of Personal Training
 ☺ - Open to HealthyUNCG/ActiveU

RECWELLUNCG.EDU is your source for holiday and other schedule changes.

Free ActiveU classes are noted by the **RED A**
 Click here for class descriptions



Fitness



A Special Invitation for UNCG Employees



The UNCG Kaplan Center is hosting the 2018 Fitness Expo. The fitness expo will showcase the latest in the industry. This year's expo features two of Beachbody's® most esteemed trainers, Jericho McMatthews & Stephanie Johnson and YOU are invited to work out with them!

FRIDAY, February 23, 2018

7:00PM-8:00PM

BEACHBODY MASHUP with Master Trainer Stephanie Johnson

FREE GROUP FITNESS CLASS

SATURDAY, February 24, 2018

6:00pm

CORE DE FORCE LIVE with Super Trainer Jericho McMatthews

Cost for this group fitness class is \$10



Nutrition



Registered dietitian, Cari Culp, is back on UNCG's campus beginning January 2018!

Are you struggling with your weight, need help managing your diabetes, high blood pressure, cholesterol, or need more help with learning how to eat healthy? A registered dietitian can help you become a healthier you.

Make your appointment now for your free* nutrition assessment and consultation with Cari Culp, RD.

Appointment times available through March!

Click [here](#) for appointment calendar and more about Cari!



*Nutrition consultation free to UNCG employees on the BCBS State Health 80/20 plan. If you are not a BCBS member or are a member of the 70/30 plan, please contact our office at 334-4131 or healthy_uncg@uncg.edu so we can accommodate your needs.

SAVE THE DATE!

Mindful Mondays
12:30-1pm
Dillard Room,
Weatherspoon Art
Museum

2018 Employee
Field Day

April 13th, 2018

HealthyUNCG
Focus Group

February 13,
2018

National Walking Day

April 4th, 2018

Check. Change.
Control

Blood Pressure
Monitoring Challenge
February, 2018

Heart & Stroke Walk

May 19th, 2018