

OWL BE WELL

Kennesaw State University Employee Well-being Newsletter

**Free December YMCA
Access**

From Dec. 21 through Jan. 1

| | |
|----------------------|---------------------------|
| Northwest Cobb: | 1700 Dennis Kemp Ln. |
| Kennesaw, GA 30152 | (770) 423-9622 |
| McCleskey-East Cobb: | 1055 East Piedmont Rd. NE |
| Marietta, GA 30062 | (770) 977-5991 |
| Northeast Cobb: | 3010 Johnson Ferry Rd. |
| Marietta, GA 30062 | (678) 569-9622 |



Per Kennesaw State University Guidelines, your Employee Fitness Center will be [closing at 6:00pm on Dec. 20th - Dec. 29th and Jan. 1st, 2020.](#) The EFC will be [open from 6:00am to 7:00pm on Dec. 30th, 31st, Jan. 2nd & 3rd.](#)

During closure, KSU Employees will have access to the YMCA locations shown above.

Make sure to have your KSU ID/EFC Access Card with you to be eligible for the YMCA Access!

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EFC Chase the Turkey Leaderboard

| Participant | Total Points |
|-----------------------|--------------|
| Lewis, Catherine | 3,600 |
| Patrick, Russell | 3,000 |
| Bennett, David | 2,800 |
| Robbins, Christa | 2,000 |
| Patton, Randall | 1,900 |
| Abbott-Iyon, Heather | 1,700 |
| Cassin-khoury, Dianna | 1,700 |
| Smith, Susan | 1,700 |
| Simon, Robert | 1,400 |
| Tilley, Colby | 1,200 |
| Patrick, Debbie | 1,000 |
| Griffin, Melanie | 900 |
| Herbel, Jerry | 700 |
| Ecklund, Naomi | 600 |
| King, Caroline | 500 |



Have you registered with ActivTrax yet?

ActivTrax is the new fitness tracking software that the Employee Fitness Center is utilizing.

The software creates a new customized workout each time you visit the gym based on an initial strength test. It gives you short videos for each exercise so you never feel like you don't know what to do. Our Chase the Turkey Fitness Challenge is being done through ActivTrax!

Come in to the EFC to go through the Initial Strength Test, get registered into the system, and start working out!



UNIVERSITY SYSTEM OF GEORGIA
Well-being

December USG Well-being events

- Well-being Wednesday - Dec. 4, 2019 11:30am
 - Building Resiliency: How to Easily Adapt
 - [Click here](#) to register
- Money Monday - Dec. 9, 2019 12:00pm
 - Halfway There: A Retirement Check-up
 - [Click here](#) to register



Keep America Active Challenge Final Standings

- #1: Survival of the Fitness - #19 overall
- #2: Owl Beat You - #24 overall
- #3: Owl Affairs - #42 overall
- #4: Power Owls - #46 overall
- #5: KSU Facilities - #49 overall

Way to go Owls! Thank you for participating in this fall challenge. Don't forget to fill out feedback survey for free lunchbox

Marietta Campus Yoga



December Yoga Classes

The Well-being team is offering Intermediate Yoga on Tuesdays and Deep Stretch on Wednesdays on select dates in December.

To sign up for Intermediate, click [here](#).

To sign up for Deep Stretch, click [here](#).



Cooking Demo: Lettuce Eat

Date: 12/6/2019

Location: KSU Center, Room 462

Time: 12:00-1:00pm

Click [here](#) to sign up.



January Yoga Classes

The Well-being team is offering Intermediate Yoga on Tuesdays and Deep Stretch on Wednesdays on select dates in January.

To sign up for Intermediate, click [here](#).

To sign up for Deep Stretch, click [here](#).



NUTRITION CONSULTATIONS COMING SOON!

Meet on-on-one with your Employee Well-being Registered Dietitian for a 30-minute nutrition consultation starting in January 2020. Look out for more information coming soon!

December Group Fitness Schedule

Schedule is subject to change

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|--|--|---|
| 7:00 am-7:45 am | | Zumba®Toning <i>Ché</i> | | | |
| 12:15 pm-1:00 pm | | Tai Chi <i>Alan</i> | | | Strength & Balance <i>Staff</i> |
| 12:30 pm-1:30pm | Yoga (all levels) <i>Deborah</i> | | Stretch & Strength <i>Lisa</i> | | |
| 4:30 pm-5:20 pm | Owl Sculpt <i>Karen</i> | Cardio Kickboxing <i>Karen</i> | H.I.I.T. <i>Dessi</i> | Yoga (all levels) <i>Deborah</i> | |
| 5:30pm-6:30pm | Strength & Stamina <i>Karen</i> | Yoga (all levels) <i>Lara</i> | Zumba® <i>5:30-6:20 pm</i> <i>Ché</i> | Cycling <i>Melanie</i> | Zumba® <i>5:30-6:20 pm</i> <i>Percival</i> |

Class Key: CARDIO & STRENGTH • DANCE • CYCLING • MIND & BODY

Interested in becoming a member of your Employee Fitness Center?

Contact us at efc@kennesaw.edu or 470-578-6770 for information about joining the EFC!

Hours & Location

<https://employeehealth.kennesaw.edu>

Follow us on social media!



[Instagram](#)



[Facebook](#)