

OWL BE WELL

Kennesaw State University Employee Well-being Newsletter

In partnership with the National Heart, Lung and Blood Institute, the Employee Well-being Team will be hosting National Heart Health Month events on both campuses!

Kennesaw Campus:

Feb. 7th from 11:45am to 1:30pm on the Campus Green

Walk for Heart Health, giveaways, and heart health education

Good Measure Meals will be there giving away heart healthy snacks!

Marietta Campus:

Feb. 11th from 11:45a to 1:30p in Wilson Student Center Ballroom A.

Chair Yoga from 11:45a to 12:30p. Mat Yoga from 12:40p to 1:30p.

Heart health education and giveaways!

Good Measure Meals will be sharing their heart healthy products!

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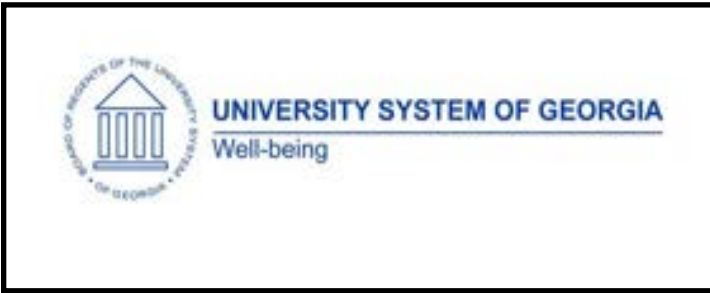
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It's time to get rugged!



The USG-sponsored virtual challenge, The Appalachian Trail, has opened for registration! The Challenge runs from Feb. 10 to Mar. 23.

You will join teams to complete the trail! Teams can be up to 10 members logging up to 30,000 steps per day per person.

Spouses can access VirginPulse by going to ourwellbeing.usg.edu. Employees can access it by going to oneusgconnect.usg.edu and clicking the Manage My Benefits tile. The VirginPulse app is also available for download.

Health care benefits-eligible employees and spouses on the USG healthcare plan are eligible to participate.

February USG Well-being Events

- *Well-being Wednesday* - Feb. 12, 2020 at 12:30pm
 - [Click here](#) to sign up.
- *Money Monday* - Feb. 24, 2020 at 12:00pm
 - [Click here](#) to sign up.

Intro to ActivTrax Workshop

1st Wednesday of each month at 12:30pm!



This workshop will feature a overview of ActivTrax and how ActivTrax can help you acheive your fitness goals.



Available to all KSU employees at the EFC

Did you know your Employee Fitness Center offers FREE Student Fitness Coaching for members?

As part of your EFC membership, you receive free access to the student fitness assistants at the EFC!

Our student fitness assistants are here to help you achieve your fitness goals! Through motivation, accountability, and positive reinforcement, we want to help you reach your health and wellness goals.

Working with ActivTrax, the EFC's customized workout software, our students are here to work with you 1-on-1 or with a partner!



February Marietta Yoga Classes

Your Well-being team is offering complimentary Intermediate Yoga and Stretch & Relax each Tuesday & Wednesday.

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

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

Benefits of Stretch Workshop

3rd Wednesday of each month at 12:30pm!



This active participation workshop will teach you how to effectively stretch before and after your workout to enhance fitness and prevent injury.

****Lead by EFC Staff****

***March to the Super Bowl
Fitness Challenge Leaderboard****

Cassin-khoury, Dianna	215
Bennett, David	180
Lewis, Catherine	140
Tatnall, Andrew	130
Khoury, Matt	120
Patrick, Russell	115
Cortolano, Brandon	105
Robbins, Christa	105
Guglielmi, Luc	100
Simon, Robert	95
Walker, Molly	75
Green, Stefanie	65

****Total yards as of January 30th****

Effective Monday, January 6th, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Your feedback is important to us! Please share your feedback with us next month and be entered into a raffle for a gym bag. Anonymous survey link will be sent out next month.</i>					
12:30 pm-1:30pm	Yoga (all levels) Deborah		1 st Wednesday- Intro to ActivTrax 3 rd Wednesday- Benefits of Stretch Workshop		
4:30 pm-5:20 pm	Owl Sculpt Karen	Cardio Kickboxing Karen	Owl Strength Lisa	Yoga (all levels) Deborah	
5:30pm-6:30pm	Strength & Stamina Karen	Yoga (all levels) Melanie	Zumba® 5:30-6:20 pm Percival	Cycling Melanie	Zumba® 5:30-6:20 pm Ché

Class Key: **CARDIO & STRENGTH** • **DANCE** • **MIND & BODY** • **EDUCATION**

Interested in becoming a member of your Employee Fitness Center?

Contact us at efc@kennesaw.edu or 470-578-6770 to learn how you can join the EFC!

Hours & Location

<https://employeewellness.kennesaw.edu>

Follow us on social media!



[Instagram](#)



[Facebook](#)