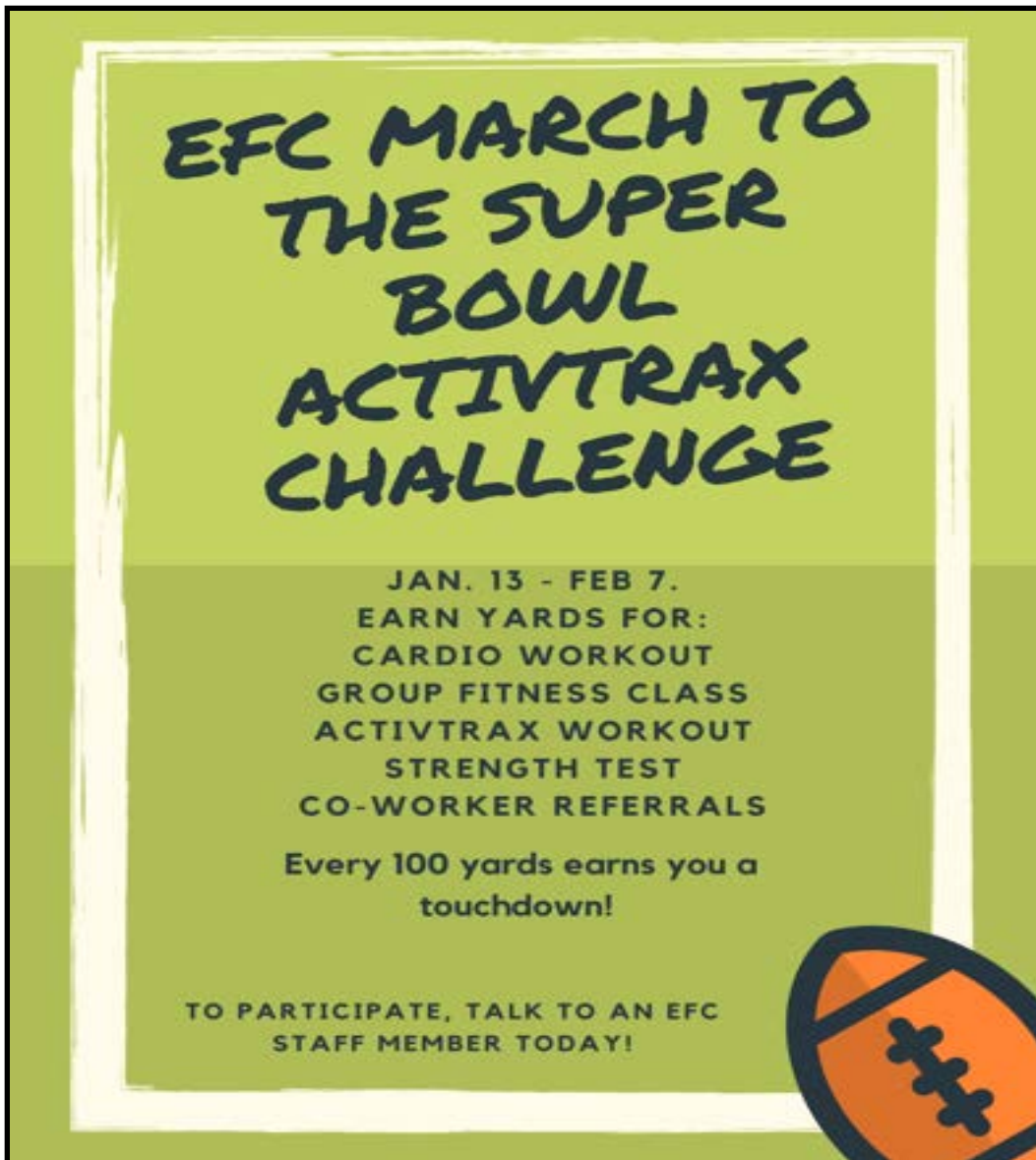


OWL BE WELL

Kennesaw State University Employee Well-being Newsletter



The next Employee Fitness Center ActivTrax Fitness Challenge, the March to the Super Bowl, will begin Monday, Jan. 13! Come in and talk to an EFC staff member or call x6770 to learn how to participate!

Table of Contents

Page 1: March to the Super Bowl ActivTrax Challenge

Page 2: New USG Well-being Portal

Page 2: 2020 Nutrition Consults

Page 2: ActivTrax

Page 2: USG Well-Being Events

Page 3: Plant Based Eating Workshop

Page 3: Recipe of the Month

Page 3: January Yoga Classes

Page 4: 2020 Group Fitness Schedule

Page 4: Fitness Center Info

January USG Well-being events

- Well-being Wednesday - Jan. 8, 2020
12:00pm
 - [Click here](#) for more information and to sign up for the event
- Money Monday - Jan. 27, 2020, Time TBD
 - [Click here](#) to view the Events Calendar



UNIVERSITY SYSTEM OF GEORGIA
Well-being

Welcome to the new USG Well-being experience!

Want to earn \$100?

Healthcare-benefitted & benefits-eligible employees: Register for the new & improved USG Well-being platform! Explore the new website and download the Virgin Pulse app to earn rewards through making healthy decisions.

USG employees that are benefits-eligible but not covered by a USG healthcare plan can earn prize drawings. Open Well-being Help sessions labs coming next month. Spouses of healthcare-benefitted employees can earn \$100 too!



Have you registered with ActivTrax yet?

ActivTrax is the new fitness tracking software being used by the Employee Fitness Center.

After taking an initial strength test, the software will generate customized workouts each time you log a workout! Video tutorials and exercise instructions are included for assistance with unfamiliar exercises. 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!

NUTRITION CONSULTATIONS

Meet one-on-one with your Employee Well-being Registered Dietitian for a 30-45 minute nutrition consultation starting in January 2020.

CALL 470-578-6770 TO SCHEDULE

Marietta Campus 1st Mondays

- January 6th - Wilson Student Center, Room A213
- February 3rd - Wilson Student Center, Room A213
- March 2nd - Wilson Student Center, Room A213
- April 6th - Wilson Student Center, Room A213
- May 4th - Wilson Student Center, Room A213

Kennesaw Campus 3rd Fridays

- January 17th - Town Point, Room 2210
- February 21st - Kennesaw Hall, Room 1101
- March 20th - Town Point, Room 2210
- April 17th - Kennesaw Hall, Room 1101
- May 15th - Town Point, Room 2210

Recipe of the Month

BBQ Bean Tacos w/ Pineapple Salsa

INGREDIENTS

2 15-ounce cans pinto beans, 2 tablespoons Dijon mustard, 1 tablespoon maple syrup, 3/4 cup organic ketchup, 1/2 teaspoon garlic powder, 1/2 teaspoon chili powder, 3/4 teaspoon kosher salt, 20-ounce can pineapple chunks packed in juice, 1/4 cup minced red onion, 1/4 cup finely chopped cilantro, 1 small green cabbage, 3 radishes, 1 lime, Tortillas, for serving



INSTRUCTIONS

Drain both cans of beans (no need to rinse). In a large skillet, place the beans, mustard, maple syrup, ketchup, garlic powder, chili powder, and 1/2 teaspoon kosher salt. Heat on low until thickened and warm, while making the remainder of the recipe.

Drain the pineapple and finely chop it. Mince the red onion, and chop the cilantro. Mix the pineapple, red onion and cilantro together with 1/4 teaspoon kosher salt.

Thinly slice the green cabbage and radishes. Slice the lime into wedges.

To serve, place the beans in a tortilla, then add cabbage, radishes and a squeeze of lime. Top with pineapple salsa and additional cilantro if desired.

<https://www.acouplecooks.com/bbq-bean-tacos-with-pineapple-salsa/>



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](#).



Plant Based Eating Workshop

Date: 1/22/2020

Location: Kennesaw Campus

Time: 12:00-1:00pm

Click [here](#) to sign up.

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 Mellanie	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 for information about joining the EFC!

Hours & Location

<https://employeewellness.kennesaw.edu>

Follow us on social media!



[Instagram](#)



[Facebook](#)