

OWL BE WELL

Kennesaw State University Employee Well-being Newsletter

EFC Chase the Turkey Challenge



Receive 100 points for each ActivTrax workout & Group Fitness Class you attend, and get closer to catching that turkey!

Challenge: Nov. 4 - Dec. 13

See staff members to schedule an initial strength test if you're not activated in ActivTrax to be able to earn points!



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*Call 470-578-6770 or email efc@kennesaw.edu for more information about joining the challenge.



The USG's Keep America Active fall team competition will end on Nov. 10!

All activity must be logged by Nov. 13 in order for it to count toward your team's score.

Be sure to complete the feedback survey for the Challenge to receive your free lunchbox! The top 3 teams will receive a prize!

And Go Owls! KSU is currently 6th out of the 26 participating USG institutions!



world diabetes day
14 November

November 14 is World Diabetes Day, visit your well-being team at the **Employee Fitness Center** for a free health screening, local resources, education and giveaways 6:00 am-2:00 pm.

One in every two people with diabetes is undiagnosed. Take the **Diabetes Risk Test** to see if you are at risk.



UNIVERSITY SYSTEM OF GEORGIA
Well-being

November USG Well-being events

- Well-being Wednesday - Nov. 13, 2019 1:00pm
 - Diabetes Risk & Education
 - Click [here](#) to register
- Money Monday - Nov. 18, 2019 12:00pm
 - Make the Most of Your Retirement Savings
 - Click [here](#) to register



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. It gives you short videos for each exercise so you never feel like you don't know what to do.

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

November Yoga Classes



Join us for Marietta Campus Deep Stretch each Wednesday in November at 12:30pm. Sessions limited to 12 participants. Click [here](#) to sign up.



Join us for Marietta Campus Intermediate Yoga each Tuesday in November at 12:30pm. Sessions limited to 12 participants. Click [here](#) to sign up.

Employee Wellness Workshops



Managing & Preventing Diabetes

Dates: 11/8 or 11/15

Marietta Campus: 11/8

Kennesaw Campus: 11/15

Click [here](#) to sign up.



Wellness that Works.™

Wellness that Works “At Work Program”

Kickoff: Nov. 13, 2019 12:00pm

Location: Kennesaw - Town Point, Room 2220

Click [here](#) for more information.

Interested in participating on the Marietta Campus in Winter 2019?

Contact Dessi Beagle -
dtzankov@kennesaw.edu

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am-7:45 am		Zumba®Toning Ché			Sunrise Yoga <i>7:00 -8:00 am</i> Lara
12:15 pm-1:00 pm		Tai Chi Alan			Strength & Balance Staff
12:30 pm-1:30pm	Yoga (all levels) Deborah		Stretch & Strength Lisa		
4:30 pm-5:20 pm	Owl Sculpt Karen	Cardio Kickboxing Karen	H.I.I.T. Dessi	Yoga (all levels) Deborah	
5:30pm-6:30pm	Strength & Stamina Karen	Yoga (all levels) Lara	Zumba® <i>5:30-6:20 pm</i> Ché	Cycling Melanie	Zumba® <i>5:30-6:20 pm</i> Percival

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

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK OUR WEBSITE FOR THE MOST UPDATED SCHEDULE

*Be sure to check the EFC [website](#) and social media for Group Fitness Schedule Changes during the week of Thanksgiving!

[The EFC will close at 5pm on Wednesday, Nov. 27 and reopen on Monday, Dec. 2.](#)

Interested in joining your Employee Fitness Center?

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

Hours & Location

[Click here for the Group Fitness Schedule!](#)

<https://employeewellness.kennesaw.edu>

Follow us on social media!



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