

Employee Wellness

**get
healthy!
owls!**

Employee Fitness Center



Services (all included with membership):

- Student Fitness Coaching
- Personal Fitness Orientations (PFOs)
 - Upper Body
 - Lower Body
 - Core & Cardiovascular
- S.M.A.R.T. Goal Setting

46 Question Wellness Profile

- For our new and existing members to gauge a baseline of certain behaviors like exercise, nutrition, safety, stress, tobacco and total wellness
- Microfit system will give members a comparison score in each of the categories

Services

- Fitness Assessment Includes Baseline for:
 - Resting Heart Rate & Blood Pressure
 - Height, Weight & Body Composition (skinfold or circumference)
 - Flexibility Sit & Reach
 - Upper Body Strength
 - Submaximal Aerobic Fitness

Group Fitness Classes

- Available to all members and KSU EFC guests
- Classes include: Beginner & Intermediate Yoga, Core Fusion, Dance Mix, Moderate & High Intensity Interval Training, Cycling, Cycling & Core, Cycling & Strength, Boot Camp, Step & Sculpt, Core Circuit, Owl Sculpt, Stretch & Strength & Kickboxing

Past EFC Challenges

- Mother's Day Photo Collage Raffle
- Father's Day Photo Collage Raffle
- Road to Rio 4- Week Olympic Challenge
- Halloween Fitness Bingo

Past EFC Challenges

- Build a Snowman Well-being Challenge



Past EFC Challenges

- Build a Snowman Well-being Challenge



Employee Wellness

National Wear Red Day

- According to the National Heart, Lung and Blood Institute (N.I.H.) in the U.S, Coronary Heart Disease is the “#1 killer of women in the United States”. The day, which was first observed in 2002, aims to bring national attention to this fact, and to raise awareness of women’s heart health.

National Wear Red Day

- Friday, February 3, 2017
- **Wear red all day!**



National Dress in Blue Day

- Wear blue and unite for a future free of colon cancer.
- Friday, March 3, 2017
- Colon cancer is up to **90% BEATABLE** when caught early
- It affects both men and women **EQUALLY**
- More than **1,000,000** colon cancer survivors live in the United States

Nutrition Counseling

- Email benefits@kennesaw.edu to schedule your free nutrition counseling appointment with our Registered & Licensed Dietitian
- Finalizing Cooking Demos for March

USG Nutrition Webinars

- Weight Watchers Experience Webinar
-Tuesday, January 17, 2017 3-4 PM
- WW Watch 'n Learn Webinar - Stealthy & Healthy Meals
-Tuesday, December 13, 2016 12-1 PM
- WW Watch 'n Learn Webinar - Nutritious Food Design
-Wednesday, November 30, 2016 12-1 PM

Weight Watchers At Work

- Marietta Campus Open House Spring 2017
 - Monday, February 13th in Student Center Room # A214 3-4 PM
- Kennesaw Campus Spring 2017 Open House
 - Wednesday, February 1st in Town Point Room # 2220 12-1 PM

Weight Watchers At Work

- 17 week Series for \$186 per person (15% off this price at OPEN HOUSE for \$156)
- Best value pricing \$10.94 average weekly price
Minimum of 15 paying participants per meeting
- Includes 19 weeks eTools
- Payment Options: Split payments via check are accepted on Week One (only). Either 3 checks for \$62. each or 2 checks for \$93.
Payment can be made by cash, check & credit cards.

Fresh N' Fit Cuisine



- Meals designed by Registered Dietitians and Executive Chef
- No added preservatives
- Low Fat Options & Low Glycemic Index
- Low Sodium (less than 1500mg on 1200 calorie Healthy Mix plan)
- No trans or hydrogenated fats
- Low Cholesterol
- **The ONLY Atlanta meal plan produced in a USDA inspected kitchen**
- No Contracts
- Starts at \$7.50 per meal on a 3 meal/day plan
- Order cut off is Noon on Thursday for service the following week

Menu and Options

- Menu:

- Healthy Mix (no beef and no seafood options available)
- Vegetarian
- Low Carb
- Gluten Free
- Paleo (dairy free and gluten free)
- Custom Menu (choose from over 300 meals)



- Options:

- 1200 or 1800 calories per day
- Available as 3 meals per day, 2 meals per day, or Dinner Only
- 3, 5 or 7 day plans
- Pick-up at more than 100 Metro Atlanta locations or offering FedEx overnight shipping

Fresh N' Fit Cuisine



6080 Parkway North Drive

Cumming, GA 30040

Phone: (678) 208-0341

Email: customerservice@freshnfitcuisine.com

Website: www.freshnfitcuisine.com

**You will receive 15% off your order with the code:
KSU15**



Upcoming USG Financial Well-being Events

- [Money Monday: Retirement Income Strategies](#)
-Monday, January 30, 2017 12-1 PM
- [Money Monday: Identify and Prioritize Your Savings Goals](#)
-Monday, February 27, 2017 12:30-1:30 PM
- [Money Monday Halfway There: A Retirement Checkpoint](#)
-Monday, March 27, 2017 10-11 AM
-* At KSU in the Student Center Leadership Room #
ST205

Upcoming USG Financial Well-being Events

- [Money Monday: Social Security and Your Retirement](#)
-Monday, April 24, 2017 12-1 PM
- [Money Monday: Get Started and Save for the Future You](#)
-Monday, May 22, 2017 12-1 PM
- [Money Monday Money at Work 2: Sharpening Investment Skills](#)
-Monday, June 26, 2017 12-1 PM

Couch to 5K with Peer Health Owls

- Get active with the Peer Health OWLS in OWLS, Couch to 5K.
- Weekly interactive seminars, group runs, & participation in an online community.
- If you are already a runner, you can work on improving your time and if you don't run, there will be a group of walkers too!

Couch to 5K with Peer Health Owls

- Kennesaw Campus
 - Monday & Wednesday Seminars & Group Runs 5:30pm
- Marietta Campus
 - Monday & Wednesday Group Runs 3:30pm

Couch to 5K with Peer Health Owls

- Registration ends Wednesday, Feb. 1st
- Register online TODAY at kennesaw.edu/wellness
- Training sessions start Feb.6
- Call 470-578-6394 for more information!

Chair Yoga, Tai Chi & Walking Groups Coming Soon

- In the process of confirming dates, times & locations for Chair Yoga and Beginner Tai Chi Classes
- Please check our website for updates

National Get Fit Don't Sit Day



NATIONAL
GET FIT
DON'T SIT DAY
GET UP & MOVE!
MAY 4, 2016

LEARN MORE



- On Wednesday, May 6, the American Diabetes Association hosted the inaugural "Get Fit Don't Sit" Day to get people up and moving as research indicates that changing our sedentary habits is one of the most effective ways to prevent type 2 diabetes.

National Get Fit Don't Sit Day

- A recent analysis published January 2015 in the *Annals of Internal Medicine* suggests that a sedentary lifestyle is linked to a 91% increased risk of developing type 2 diabetes.
- The culprit is the 8-13 hours a day we work uninterrupted at our desks, socialize on our computers, watch TV & drive our vehicles. Those who exercise see slightly less risk, but exercise does not eliminate the impacts of prolonged sitting.

National Get Fit Don't Sit Day was on the Campus Green Wednesday, May 4, 2016



- Bottom line: sitting for hours every day creates serious health risks.

National Get Fit Don't Sit 2017 Events

- Wednesday, May 3, 2017
- *Event locations and times TBD

Skin Cancer Prevention Lunch & Learns

- Kennesaw Campus

 - Thursday, June 08, 2017 12:00 PM - 1:00

 - PM Skin Cancer Prevention Clendenin Room
#CL1009

- Marietta Campus Snack & Learn

 - Thursday, June 08, 2017 3:00 PM -

 - 4:00PM Student Center Room # A216

Kaiser Permanente 5K Corporate Run/Walk 2016

- Thursday, September 22nd, 2016



Kaiser Permanente 5K Corporate Run/Walk 2017



- Date TBD September 2017

Garmin Partnership Program

- KSU Employees receive **30% off** the purchase of two Garmin (vivo family) wellness products per calendar year!
- **(20% off other select styles)**



Strength & Strength Breaks

- Departments may email dtzankov@kennesaw.edu to request a strength & strength break during their meetings
- Minimum 3 weeks notice

Town Point Stretch & Strength Break



Questions

- Please make sure to visit our website to register for webinars, events and also find well-being resources!
- Thank you so much for your time today 😊