

Spring 2021 Simply Wellness Calendar

FEBRUARY

**Access is available to all event links in “Calendar” on your Virgin Pulse App.*

Event: 15 Minute Group Stretches

Dates: 2/3, 2/10, 2/17 and 2/24 **Time:** 10:00 am – 10:15 am

Location: Webinar*

Event Description: Join in for a mid-morning quick stretch to work on mindfulness and stretch your muscles. This is the perfect activity right before a long meeting or class. **(100 points)**

Event: The ABC’s of Emotional Eating

Date: 2/9 **Time:** 12:00 pm - 12:45 pm

Location: Webinar*

Event Description: This webinar will help you identify your causes and triggers, find alternatives to avoid emotional eating, and offer practice tips for mindful eating. **(100 points)**

Event: Diabetes Prevention 101: Eating Well Away from Home

Date: 2/25 **Time:** 1:00 pm - 1:30 pm

Location: Webinar*

Event Description: The challenges of eating well away from home will be discussed on this webinar, as well as strategies for eating well at restaurants and social gatherings. In addition, you will learn tips for eating well while traveling. **(100 points)**

Challenge: Balancing Blood Sugar

Challenge Description: Did you take a healthy step today to improve your blood sugar numbers?

MARCH

Event: Zumba 4-Week Session

Dates: 3/4, 3/11, 3/18 and 3/25 ***Time:*** 5:00 pm – 6:00 pm

Location: Webinar

Event Description: Enjoy a mix of body sculpting moves and dance steps derived from Latin dance and music. The routine will feature intervals of cardio and muscle sculpting activity.

Link for webinar will be sent closer to the date. **(100 points)**

Event: Your Personal Plan for Managing Stress

Date: 3/3 ***Time:*** 12:00 pm – 12:30 pm

Location: Webinar

Event Description: This webinar will help create an action plan for stress and explain how each person individually experiences it. This session will also create a plan for accountability to ensure success.

Link for webinar will be sent closer to the date. **(100 points)**

Event: Caregiver Stress and Burnout

Date: 3/22 ***Time:*** 1:00 pm – 1:30 pm

Location: Webinar

Event Description: As a caregiver, it's easy to feel stuck in a role that you may not have expected. In this session, you will learn signs of burnout and that you are not powerless. We will discuss ways that you can get help.

Link for webinar will be sent closer to the date. **(100 points)**

Challenge: Breathe Better

Challenge Description: Did you spend 10-15 minutes doing breathing exercises today?

APRIL

Walking Club Begins!

Meet at the Recreation Center at 12:00 pm for a 45-minute walk around campus

Dates: 4/5, 4/12, 4/19 and 4/26 **(100 points per day)**

Event: Yoga 4-Week Session

Dates: 4/8, 4/15, 4/22 and 4/29 **Time:** 5:00 pm – 6:00 pm

Location: Webinar

Event Description: This webinar will enhance energy levels, concentration and relaxation while reducing mental fatigue. Participants will experience a blend of flexibility and relaxation training to improve fitness and reduce stress.

Link for webinar will be sent closer to the date. **(100 points)**

Event: Healthy Bones, Healthy You

Date: 4/6 **Time:** 1:00 pm – 1:45 pm

Location: Webinar

Event Description: In this webinar, you will learn why healthy bones are important, what affects bone health, and how to have and keep healthy bones. Link for webinar will be sent closer to the date. **(100 points)**

Event: Ask a Personal Trainer

Date: 4/28 **Time:** 10:00 pm – 2:00 pm

Location: Webinar

Event Description: In this webinar, a certified personal trainer will be available to answer questions and provide fitness advice. Feel free to log on at any time that is convenient for you in this “drop in” webinar.

Link for webinar will be sent closer to the date. **(100 points)**

Challenge: Ten Minute Stretch

Challenge Description: Did you get up and stretch for 10 minutes today?

MAY

Cardio Tennis Begins!

Tennis Courts at 12:00 pm for a 45-minute workout

Dates: May 4, 11, 18 and 25. **(100 points per day)**

Event: Balance Your Wellbeing

Date: 5/6 **Time:** 12:00 pm – 12:30 pm

Location: Webinar

Event Description: Wellbeing is about thriving, not just surviving. In this webinar, we will define wellbeing and energy management, learn how to assess your own wellbeing, and hear how to develop a personal strategy and plan.

Link for webinar will be sent closer to the date. **(100 points)**

Event: Get Fit, Don't Sit

Date: 5/24 **Time:** 1:00 pm – 1:20 pm

Location: Webinar

Event Description: In this webinar, we will review posture, sedentary lifestyle facts, and its effects on our health and body. Participants will also discuss strategies on how to be more active while at home or work.

Link for webinar will be sent closer to the date. **(100 points)**

Challenge: Joyful Activity

Challenge Description: Did you do something that brings you joy today?

JUNE

Event: 15-Minute Guided Meditation

Dates: 6/7, 6/14, 6/21 and 6/28 **Time:** 10:00 am – 10:15 am

Location: Webinar

Event Description: Join in for a mid-morning guided meditation to help with relaxation. This is the perfect activity right before a long meeting or class. Link for webinar will be sent closer to the date. **(100 points)**

Event: Healthy Cookouts and Summer Potlucks

Date: 6/8 **Time:** 12:00 pm – 12:25 pm

Location: Webinar

Event Description: In this webinar, you will learn tips on how to make healthy food and beverage choices, how to be mindful with amounts and types of foods, and discuss food safety recommendations.

Link for webinar will be sent closer to the date. **(100 points)**

Event: Elements of Fun - Making Time for Play

Date: 6/23 **Time:** 1:00 pm – 1:15 pm

Location: Webinar

Event Description: This webinar will discuss a variety of fun and engaging activities that you can incorporate into your workday with co-workers or at home with family and friends.

Link for webinar will be sent closer to the date. **(100 points)**

Challenge: Time for Friends

Challenge Description: Did you make time to connect with a friend today?