



Fall 2017 - August 28 – December 15

Join ANYTIME - WELLCATS is FREE! To become a member, Texas State employees must:

1. Register @ <https://tim.txstate.edu/hhptotalwellness/>. (Registration is complete when a reference number appears.)
2. Submit a Personal Health & Wellness Appraisal & General Release/Waiver to Carolyn Swearingen, Dept. of Health & Human Performance, JOW A208C.

Already a Member?

- You do NOT need to re-register online, but you are required to complete a Personal Health & Wellness Appraisal each year. (This is essential for program evaluation.)

Registered WELLCATS members:

- Receive personal Current Health Status information based on your completed Personal Health & Wellness Appraisal.
- Are informed about events, a variety of wellness topics, including healthy recipes and health behavior change coaching strategies via newsletters, Facebook posts (TotalWellnessSM and WellCats Nutrition), and a blog on our website.
- Can participate in any and all WellCats services.

Health Behavior Change Support

Health Behavior Change Coaching: If you struggle to prioritize healthy behaviors (especially eating healthfully and exercising consistently), then consider attending coaching sessions. To get started, attend one of our introductory group sessions. Thereafter, you will meet 1-on-1 with a trained health and fitness professional to learn how to be more motivated, manage time, develop good habits, and improve your confidence in living a healthy lifestyle.

****Sign-up is required** for 1-on-1 coaching. (Accepting new coaching participants beginning Nov. 1st.)

Brunch 'n Learn & Lunch 'n Learn

Join us in JCK 460 or Avery 365 for our Educational Series: Don't forget to bring your healthy meal! Sessions are either 8:30-9:30 AM or 12:00-1:00 PM. Professional Development will send an email announcing open registration for each session 3 weeks ahead of time; registration will close 1 week prior to the session date. To register (or cancel), login to your [SAP Portal](#) and click on the Training and Development tab. Fall classes are:

<i>The Secret World of Herbs and Spices</i>	W	Sept 6	12-1 PM
<i>Nutrition Guidelines; Feeding Healthy Children in the Early Years</i>	T	Sept 12	12-1 PM
<i>Creating a Culture of Health at Texas State: What's in it for You and what's in it for Texas State</i>	TH	Oct 5	12-1 PM
<i>Enhancing Wellness: One Dimension at a Time</i>	F	Nov 3	8:30-9:30 AM
<i>Setting Boundaries: Saying "Yes" to Yourself Sometimes Means Saying "No" to Others</i>	W	Nov 29	12-1 PM
<i>Living Well with Diabetes</i>	W	Dec 6	12-1 PM

Nutrition

Cooking Classes: Classes include tips, techniques and recipes that focus on seasonal produce, whole grains, and beans. We'll do the dishes! Classes are held in FCS 187. ****Sign-up is required.**

Around the World	TH	Sept 14	5:30-6:30 PM
<i>Come learn how to craft world cuisines with the power of seasonings</i>	F	Sept 15	12-1 PM
Holiday Helpings	TH	Oct 19	5:30-6:30 PM
<i>Discover tasty recipes and techniques to stay healthy and trim through the holidays</i>	F	Oct 20	12-1 PM
Greater to Give	TH	Nov 16	5:30-6:30 PM
<i>Come whip up some easy, healthy, and filling snacks and sides to share with others any time of year!</i>	F	Nov 17	12-1 PM

Nutrition Consultation: During this 1:1 session, a trained nutrition professional will assess your current diet and help you identify goals to improve your diet, overall health, and well-being. ****Sign-up is required.**

Physical Activity

Walk With Ease (WWE): Designed by the Arthritis Foundation, this 6-week, evidenced-based program will reduce pain related to arthritis and other chronic conditions and improve overall health. By participating, you will learn how to incorporate physical activity into your everyday life, safely & effectively. If you complete 10 of the 12 classes, you will receive a \$75 gift card for a new pair of exercise shoes! For more information and to register contact Carolyn Swearingen at CC61@txstate.edu or 245-1972.

Fitness Testing: If you would like to know more about your current health status, establish a personal exercise program, and/or track your progress, sign up for health-related physical fitness testing. ****Sign-up is required.**

Group Training: A variety of classes are offered throughout the day at many sites (ALKEK, ASC, Avery, JCK, Jowers, & LBJ) to meet the different interests and fitness levels of our members.

Open Swim & Aqua Fitness Classes @ Aqua Sports Center: M/W/F 12-1 PM & TH 5-6 PM.

Racquetball @ Jowers Center: M-F, 12-1 PM.

Student Recreation Center \$4 Fridays: For \$4, gain access to 8 basketball/volleyball courts, weight room, cardio area, indoor track, 6 racquetball courts, multipurpose studios, and natatorium.

Subsidized Student Recreation Center membership: The first 200 WellCats members can receive an SRC subsidy of \$25 by (1) contacting Josh Arguelles at worklife@txstate.edu and asking for a confirmation e-mail verifying WellCats registration; and (2) taking the email to the SRC front desk and registering for their SRC membership. Payroll deduction deadline is September 8th, 2017.



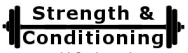





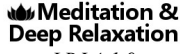




****To Sign Up or verify confirmation for SRC membership, contact Josh Arguelles at worklife@txstate.edu or 245-1268.**

Additional Information

For **more information**, including updated wellness offerings, visit <http://www.hr.txstate.edu/worklife/wellcats.html> and click on the “Texas State Wellness” tab. For questions, contact Josh Arguelles at worklife@txstate.edu or 245-1268.

Wellness Time: With supervisor approval, employees are eligible for up to 30 minutes per day of paid release time to attend *WellCats* activities, including Lunch ‘n Learn sessions coordinated through Professional Development. See [UPPS 04.04.32](#).

Fall 2017 Group Training Schedule: August 28 – December 15

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 AM		Group Personal Training <i>Jowers Center Gym 219</i>		Group Personal Training <i>Jowers Center Gym 219</i>	
12:00-12:30 PM		NON-PRETZEL Yoga <i>JCK 1100</i>	 Strength, Stretch, No Sweat <i>LBJ 4-1.9</i>		
12:00-12:45 PM	STEP IT UP <i>Jowers Center Gym 219</i>	Group Personal Training <i>Jowers Center Gym 219</i>	 ZUMBA toning <i>Jowers Center Gym 219</i>	RIPPED BEATZ <i>Jowers Center Gym 219</i>	Kickbox Bootcamp <i>Jowers Center Gym 219</i>
	 Strength & Conditioning (12-1pm) <i>Jower Center Wt-room 118</i>	YOGA Flow <i>Jowers Center B105</i>	 Strength & Conditioning (12-1pm) <i>Jower Center Wt-room 118</i>	YOGA Flow <i>Jowers Center B105</i>	R&R Yoga  <i>Jowers Center B105</i>
	 AQUA Cardio+Yoga <i>Aqua Sports Center</i>		 Aqua Mix <i>Aqua Sports Center</i>		 Aqua Mix <i>Aqua Sports Center</i>
12:15-12:45 PM		 Meditation & Deep Relaxation <i>LBJ 4-1.9</i>		 Strength, Stretch, No Sweat <i>Alkek 105/106</i>	
5:15-6:00 PM				 Aqua Mix <i>Aqua Sports Center</i>	
5:30-6:15 PM	YOGA Flow <i>Jowers Center B105</i>	 Bellydance for Fitness & Fun <i>Jowers Center Gym 219</i>	YOGA Flow <i>Jowers Center B105</i>	 Nia <i>Jowers Center Gym 219</i>	

Note the following class changes (schedules can change at any time based on demand):

- W, Aug 30, Strength, Stretch, No-Sweat will meet in LBJ 3-5.1
- M, Sept 4 - classes will not meet (Labor Day)
- TH, Sept 14, Strength, Stretch, No-Sweat will meet in Alkek 148
- TH, Sept 21, Strength, Stretch, No-Sweat will meet in Alkek 148
- TH, Sept 28, Strength, Stretch, No-Sweat will meet in Alkek 148
- TH, Oct 5, Strength, Stretch, No-Sweat will meet in Alkek 148
- T, Oct 10, Non-Pretzel Yoga (at JCK) will meet in the Regents Room
- TH, Oct 12, Strength, Stretch, No-Sweat will meet in Alkek 118
- T, Oct 17, Non-Pretzel Yoga (at JCK) will meet outside at front entrance of JCK for Walk ‘n Tone
- TH, Oct 26, Strength, Stretch, No-Sweat will meet in Alkek 148
- T, Nov 7, Non-Pretzel Yoga (at JCK) will meet in the Regents Room
- W, Th, F, Nov 22, 23, & 24 - classes will not meet (Thanksgiving)
- TH, Dec 14, Strength, Stretch, No-Sweat will meet in Alkek 148
- F, Dec 15, Classes will not meet (graduation), however we will have Open swim at ASC

WellCats services are provided by Total Wellness (Department of Health and Human Performance), Department of Physical Therapy, Nutrition and Foods (School of Family and Consumer Sciences), Department of Communication Studies, Worklife (Human Resources), and the Student Recreation Center.