May 30th to August 25th, 2017

Join ANYTIME - WELLCATS is FREE! To become a member, employees must complete the following:
1. Register @ https://tim.txstate.edu/hhptotalwellness/. (Registration is complete when a reference number appears.)
2. Submit a Health Risk Appraisal and General Release/Waiver to Carolyn Swearingen, Dept. of HHP.

Registered WELLCATS members:
- Receive Current Health Status information based on the completed Health Risk Appraisal.
- Are informed about events, nutrition topics, healthy recipes, and health behavior change coaching strategies via newsletters, Facebook posts (TW Total Wellness and WellCats Nutrition), and a blog on our website.
- Can participate in any and all WellCats services.

Behavior Change & Support

Health Behavior Change Coaching: If you struggle to prioritize healthy behaviors (esp. eating healthfully and exercising consistently), then consider attending coaching sessions. To get started, attend one of our introductory group sessions from 12-1pm on: June 15 (Alkek 118), July 20 (Alkek 148), or August 10 (Alkek 148). 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 confidence in living a healthy lifestyle. **Sign-up is required.

Education

Join us in JCK 460 or Avery 365 for our summer educational series – Don’t forget to bring your healthy meal! Brunch ‘n Learn Sessions are 8:30-9:30AM and Lunch ‘n Learn Sessions are 12-1PM. Professional Development will send an email announcing open registration for each workshop approximately 3 weeks prior to each workshop date. Registration closes 1 week prior to session date. To register or cancel, sign in to your SAP Portal and click on the Training and Development tab.

| Relational Communication and Wellness | W, June 14 | 8:30-9:30AM |
| HIIT and Cross Fit: Do’s, don’ts, precautions and alternatives | Th, June 29 | 12-1PM |
| Office Ergonomics: How to Work Better & Feel Better | Th, July 20 | 8:30-9:30AM |
| More on Supplements | W, July 26 | 12-1PM |
| Holistic Brain Health | Th, Aug 3 | 12-1PM |

Nutrition

Cooking Classes: Our cooking class series includes tips, techniques and new recipes that focus on seasonal produce, whole grains, and beans. We’ll do the dishes! Cooking Classes are held in FCS 187. **Sign-up is required.

- May 30, 12-1PM, OR June 1, 5:30-6:30PM: Spice Up Your Life – Learn simple ways to give your meals a makeover with spices
- July 11, 1-2PM, OR July 13, 5:30-6:30PM: Fun with Fruits – Learn creative ways to jazz up healthy recipes with delicious fruit

Nutrition Consultation: During this 1:1 session, a trained nutrition professional will assess your current diet and develop recommendations to improve your diet and 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 & other chronic conditions, as well as improve overall health. By participating in this program, you will learn how to incorporate physical activity into your everyday life, safely & effectively; & if you finish the program, you will receive a chance to win a $75 gift card for a new pair of exercise shoes! The first 6-week session runs June 7th thru July 27th & meets at Jowers Center Yoga Studio, B105 on M/W 7-8am and T/TH 12-1pm. Note. To complete registration, participants must attend an “Intro Class” either Wed., June 7th at 7am (Jowers A206), or Thurs., June 8th (Jowers A207) at 12pm.

Registration is required, 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, then sign up for health-related physical fitness testing. **Sign-up is required.

Group Training: Classes are offered throughout the day and at many sites (ALKEK, ASC, Avery, JCK, Jowers, LBJ, & Smith House) using different formats tailored to meet the different interests and fitness levels of our members.

Open Swim & Aqua Fitness Classes @ Aqua Sports Center: May 30-July 7, MWF 12-1PM & TTH 5-6PM; July 10-Aug 25, TTH 5-6PM & F 12-1 PM.

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

Student Recreation Center Free Fridays: May 19 to Aug 18, free access to 8 basketball/volleyball courts, weight room, cardio area, indoor track, multipurpose studios, 6 racquetball courts, and natatorium.

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

**To Sign Up

Sign-up is NOT required for Group Training, Open Swim, Raquetball, and SRC Free Fridays. To sign up for Health Behavior Change Coaching, Cooking Classes, Walk with Ease, Nutrition Consultation, and Fitness Testing, or to verify your confirmation for Subsidized SRC membership, contact Josh Arguelles at worklife@txstate.edu or 245-1268.
Additional Information

For more information, visit [http://www.hr.txstate.edu/worklife/wellcats.html](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](mailto: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](#).

### Group Training Schedule: May 30th through August 25th, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-8:00 AM</td>
<td>[Image 107x588 to 165x633]</td>
<td>[Image 213x379 to 271x419]</td>
<td>[Image 317x590 to 374x631]</td>
<td>[Image 432x379 to 490x419]</td>
<td>[Image 534x379 to 590x419]</td>
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<td>11:30-12:00 PM</td>
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<td>WellCats @ Round Rock</td>
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<tr>
<td>12:00-12:30 PM</td>
<td>Non-Pretzel Yoga Jowers Center Gym 219</td>
<td>Kick-Box-Tone Jowers Center Gym 219</td>
<td>Zumba® Toning Jowers Center Gym 219</td>
<td>Step 'N Sculpt Jowers Center Gym 219</td>
<td>R.I.P.P.E.D. + BEATZ Jowers Center Gym 219</td>
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<tr>
<td>12:00-12:45 PM</td>
<td>Non-Pretzel Yoga Jowers Center Gym 219</td>
<td>[Image 107x588 to 165x633]</td>
<td>Yoga Jowers Center B105</td>
<td>[Image 213x379 to 271x419]</td>
<td>Yoga Jowers Center B105</td>
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<tr>
<td>5:30-6:15 PM</td>
<td>Yoga Jowers Center B105</td>
<td>Zumba® Jowers Center Gym 219</td>
<td>Yoga Jowers Center B105</td>
<td>Nia Jowers Center Gym 219</td>
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<tr>
<td>5:15-6:00 PM</td>
<td>Aqua Mix Aqua Sports Center</td>
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<tr>
<td>12:15-12:45 PM</td>
<td>Meditation &amp; Deep Relaxation B105</td>
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<tr>
<td>5:30-6:15 PM</td>
<td>Yoga Jowers Center B105</td>
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Note the following class changes (schedules can change at any time based on demand):
- Memorial Day - May 29th - classes will not meet
- Tues. June 13th, Non-Pretzel Yoga at JCK will be replaced with Walk 'n Tone – meet on 1st floor at front entrance
- Thurs. June 8th, Strength, Stretch, No-Sweat at Alkek will be replaced with Walk 'n Tone – meet on 1st floor, front entrance
- Thurs. June 15th, Strength, Stretch, No-Sweat at Alkek will be replaced with Walk 'n Tone – meet on 1st floor, front entrance
- Independence Day - July 4th - classes will not meet
- Tues. July 11th, Non-Pretzel Yoga at JCK will be replaced with Walk 'n Tone – meet on 1st floor at front entrance
- Thurs. July 13th, Strength, Stretch, No-Sweat at Alkek will be replaced with Walk 'n Tone – meet on 1st floor, front entrance
- Tues. July 18th, Non-Pretzel Yoga at JCK will meet in JCK 1140, the Regents Room
- Tues. August 8th, Non-Pretzel Yoga at JCK will meet in JCK 1140, the Regents Room
- Graduation - Fri. August 11th - classes will not meet, however we will have Open swim at ASC and Free Fridays at the SRC
- Tues. August 22nd, Non-Pretzel Yoga at JCK will be replaced with Walk 'n Tone – meet on 1st floor at front entrance
- Thurs. August 24th, Strength, Stretch, No-Sweat at Alkek will be replaced with Walk 'n Tone – meet on 1st floor, front entrance

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.