



January 11 - May 14, 2021

WellCats is the FREE employee wellness program at Texas State University.

Join ANYTIME - WELLCATS is FREE!

How to Register: To become a member, Texas State employees must register online at <https://tim.txstate.edu/hhptotalwellness/>. Completed registration includes receiving a reference number after one finishes the following items: Activity Release of Liability, Personal Health & Wellness Appraisals 1, 2, and 3, (which is included as a link to Qualtrics within the registration process), and Informed Consent.

Note: All RETURNING MEMBERS are required to *re-register annually* to maintain updated records and continue participating in the program. This year the process begins on Saturday, September 1st, 2021. Upon completion, members will receive a confirmation email and be entered into the system.

Registered WELLCATS members:

- Are informed about events and a variety of wellness topics via newsletters, Facebook posts (*The Virtual Studio*), and our website <https://wellcats.txstate.edu/edresearch.html>.
- Can participate in any and all *WellCats* services. For services listed below that require ****sign-up**, members need to contact Josh Arguelles at worklife@txstate.edu or Teams at 512-408-1514.
- Can request feedback on personal health status based on your submitted Personal Health & Wellness Appraisals.

WellCats has customized our services to be offered virtually until further notice.

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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. You will meet 1-on-1 with a national board-certified health and wellness coach and health and fitness professional to learn how to become more motivated, manage time, develop good habits, and improve your confidence in living a healthy lifestyle.

*Members need to contact Josh Arguelles at worklife@txstate.edu to sign up.

1:1 Nutrition Consultations

Nutrition Consultations: During this 1:1 session, a trained nutrition professional will assess your current diet and help identify goals to improve your diet, overall health, and well-being. If you are responsible for feeding others in your household, you'll also receive ideas for enhancing their nutrition. Consultations will occur via phone or Zoom.

*Members need to contact Joshua Arguelles at worklife@txstate.edu to sign up.

Streamed ProActive Nutrition Classes

PAN Classes: Streamed straight from the kitchen to you via Zoom, our PAN cooking sessions focus on whole foods, healthful takes on popular dishes, and exploration of new ideas! Whether you're seasoned in the kitchen or brand new, we have something everyone will enjoy making! Log in and learn a little bit each session about what makes these recipes so good for you. E-recipes will be provided.

Mindful Cooking	F	January	22	12:30 – 1:30PM
<i>MyPlate components and Mindful Eating</i>	F	January	29	12:30 – 1:30PM
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Heartwarming Dishes	F	February	5	12:30 – 1:30PM
<i>Meals for 2+, warm dishes, heart-healthy fare</i>	F	February	26	12:30 – 1:30PM
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Worldly Fare	F	March	12	12:30 – 1:30PM
<i>Healthy dishes from around the world</i>	F	March	26	12:30 – 1:30PM
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Healthy Dishes for Lifelong Wellness	F	April	9	12:30 – 1:30PM
<i>Evidence-based Nutrition to declutter FADS</i>	F	April	30	12:30 – 1:30PM
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Going Green with Nutrition	F	May	14	12:30 – 1:30PM
<i>Recipes that reduce waste</i>	F	May	28	12:30 – 1:30PM
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Additionally, PAN Zoom sessions are available with advanced reservation by departments or offices that would like to utilize them as a team building alternative to regular staff meetings!

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Wellness Education Series

Wellness Education Series: These educational sessions are streamed live via Zoom and cover a wide range of wellness topics and are presented by staff and faculty in the relevant fields.

Mindfulness Matters	January	29	12:30-1:20 PM
Self-Care for Your Sanity?	February	16	12-1 PM
Building Healthy Environments	March	30	12-1 PM
Organizing Your Nutrition	April	16	12:30-1:30 PM
Financially Thrive	May	TBA	TBA

WellCats Group Training Schedule

Multiple **WellCats** group classes are taught over Zoom meetings and in the Facebook group *The Virtual Studio* (live streaming) each week by highly skilled and enthusiastic instructors committed to providing safe and effective workouts. Our instructors will provide you with proper guidance so that coordination and experience are not necessary, and will demonstrate modifications so that you can set your own intensity.

Additionally, check out the YouTube channel at <https://wellcats.txstate.edu/COVID-19-Resources.html>

Note: In order to join the Zoom classes, registration must be completed. Upon completion the Zoom password will be sent in the confirmation email.

*For more information on how to join the group contact Josh Arguelles at worklife@txstate.edu.

Spring 2021: January 11th – May 14th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM	Floor, Core, and More! <i>The Virtual Studio Facebook</i>		Functional Strength & Stability <i>The Virtual Studio Facebook</i>	Strength & Conditioning <i>The Virtual Studio Facebook</i>		
10:00-11:00 AM		AOA FitMix <i>The Virtual Studio Facebook</i>			R&R Yoga <i>The Virtual Studio Facebook</i>	Group Personal Training (10:15AM) <i>The Virtual Studio Facebook</i>
12:00-12:45 PM		Strength 101 <i>The Virtual Studio Facebook</i>		Yoga Flow <i>The Virtual Studio Facebook</i>		
12:15-12:45 PM	Rest, Relax, Restore <i>Via Zoom Meeting ID: 95593507678</i>	Kickbox Bootcamp <i>Via Zoom Meeting ID: 97525810086</i>	Core Strengthening <i>Via Zoom Meeting ID: 98834153162</i>		Circuit Training <i>Via Zoom Meeting ID: 95884490998</i>	
5:30-6:30 PM	Yoga Flow <i>The Virtual Studio Facebook</i>	Zumba <i>Via Zoom Meeting ID: 94870349329</i>	Step it Up! <i>The Virtual Studio Facebook</i>	Alternating AOA FitMix Joint Mobility <i>The Virtual Studio Facebook</i>	Meditation & Relaxation <i>The Virtual Studio Facebook</i>	
6:30-7:15 PM			Barre Fusion <i>The Virtual Studio Facebook</i>			

WellCats Group Training Class Descriptions

AOA FitMix improves your overall functional fitness with our innovative exercises that target range of motion, coordination, balance, and cardiovascular and muscular fitness.

Barre Fusion incorporates small isometric movements from ballet, Pilates, and yoga for a full-body sculpting class. No ballet background is needed.

Circuit Training incorporates elements of high intensity and functional training to strengthen the entire body. This workout is catered towards all levels of fitness.

Core Strengthening is designed to work large muscle groups and deep core muscles through body weight exercises.

Floor, Core, and More is a type of foundation training specifically designed to help achieve overall core strength and stabilization.

Functional Strength & Stability is designed for all lifestyles to enhance strength, mobility, and core stability in ways that improve physical function for daily life.

Joint Mobility is a form of injury prevention training with joint-focused exercises and stretches designed to improve mobility, functional fitness, and overall joint health.

Kickbox Bootcamp comes at you with martial arts-inspired strength, endurance, and interval drills designed to torch calories while boosting your overall fitness.

Meditation & Relaxation is designed for those looking for ways to slow down their thoughts, increase awareness, and reduce stress. The class will begin with slow, mindful movement to get the blood flowing, bringing you to the present moment & will end in stillness to practice cultivating awareness through observation.

R&R Yoga (Restore & Rejuvenate) is a luxurious yoga practice that flows slowly through gentle movements to calm, nourish, and rejuvenate the body.

Rest, Relax, Restore is all about taking time out of your day to relax your body and rest your mind. Stretching combined with short rest periods will ensure you feel refreshed and ready to conquer your day.

Step It Up is one of the cornerstones of aerobic fitness and our modern version will keep your body stronger than ever with a perfect combination of cardiovascular and strength exercises.

Strength 101 is designed for you to learn the fundamentals of strength training & improve your muscular fitness.

Strength & Conditioning work to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly varied, always challenging class.

Yoga Flow soothes the soul and relaxes the mind while moving your body as you follow your breath.

Zumba® is an aerobic dance fused with hypnotic Latin & International rhythms to help improve balance, coordination, agility, muscle tone, & keep the heart healthy. Ditch the workout and join the party!

Additional Information

For **more information**, including updated wellness offerings, visit <https://wellcats.txstate.edu/>

For questions, contact Josh Arguelles at worklife@txstate.edu .

Wellness Time: With supervisor approval, employees are eligible for up to two and a half hours of paid release time per week to attend *WellCats* activities, including our Wellness Education Series coordinated through Organizational Development & Communications. See [UPPS 04.04.32](#)

Campus Recreation: Fitness & Wellness is providing [virtual opportunities](#) for example FREE on demand workouts you can access at any time. Spring 2021 GroupX classes begin January 19th. Visit our [website](#) for more info.

**WellCats* will not be offering subsidies during the Spring semester.

To view our new hours of operation please visit:

<https://www.campusrecreation.txstate.edu/hours/facility-hours.html> .

For most up-to-date information in regards to Covid-19 and the SRC

visit: <https://www.campusrecreation.txstate.edu/updates.html>

Did you know Faculty and Staff can visit Shake Smart without a Student Recreation Center membership?

[Shake Smart](#) is your one-stop destination for healthy food and beverage options!

Offering freshly blended protein shakes, organic acai bowls and cold brew.

Shake Smart is a fast and convenient way to [fuel your lifestyle](#).

Made for on-the-go (please no eating inside the SRC).