August 24 - December 11, 2020

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, August 15th, 2020. 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 a sign-up, members will need to contact Josh Arguelles at worklife@txstate.edu or 245-1268.
- 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 will 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 will 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 that everyone can enjoy making! Log in and learn a little bit each session about what makes these recipes so good for you. E-versions of recipes will be provided.

**Meal Prepping**
*One day of work for a week’s worth of meals*
- F  September 11  12 – 1 PM
- F  September 25  12 – 1 PM

**Stress Busters**
*30-Minutes or less, budget-friendly meals*
- F  October 9  12 – 1 PM
- F  October 23  12 – 1 PM

**Thanksgiving Offerings**
*Dishes to bring the whole family together*
- F  November 6  12 – 1 PM
- F  November 20  12 – 1 PM

**Holiday Helpings**
*Seasonal and hearty holiday meals*
- F  December 4  12 – 1 PM
- F  December 18  12 – 1 PM

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 rage of wellness topics and are presented by staff and faculty in the relevant fields.

- **Coping with COVID-19: Staying ProActive and Finding Support**...Th  Sept 17  11:30-12:30AM
- **Address Your Stress: Have Stress? Or Does it Have You?**.............T  Oct 20  12:30–1:30 PM
- **Developing a Healthy Relationship with Food**..........................Th  Nov 19  12:00-1:00 PM
- **Fostering Work-Life Balance & Healthy Self-Care Habits**
- **To Manage Stress**........................................................................Th  Dec 10  2:00-3:00 PM

**Physical Activity**

Registered members have access to the YouTube and Facebook pages where videos of full group exercise classes, the Wellness Educations Series videos, and more can be found.

**WellCats Group Training Schedule**
**WellCats** group classes are being taught over Zoom meetings 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 will be able to set your own intensity. Check out the YouTube channel at [https://wellcats.txstate.edu/COVID-19-Resources.html](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.

Additionally, the Facebook group *The Virtual Studio* will be live streaming 3-4 different classes each week.

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

**Fall 2020: August 24th – December 11th**

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>8:30-9:30 AM</td>
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<td>Barre Fusion Live</td>
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<td>Via The Virtual Studio – Facebook</td>
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<td>10:00-11:00 AM</td>
<td>AOA FitMix Live</td>
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<td>Strength &amp; Conditioning Live</td>
<td>R&amp;R Yoga Live</td>
<td>Flash Friday</td>
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<td>Via The Virtual Studio – Facebook</td>
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<td>12:00-12:45 PM</td>
<td>Strength 101 Live</td>
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<td>Yoga Flow Live</td>
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<td>12:15-12:45 PM</td>
<td>Rest, Relax, Restore</td>
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<td>Core Strengthening</td>
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<td>5:30-6:30 PM</td>
<td>Step It Up/Yoga Flow Live</td>
<td>Zumba</td>
<td>Circuit Training Live</td>
<td>Kickbox Bootcamp</td>
<td>Meditation &amp; Relaxation Live</td>
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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 will incorporate 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. Please wear clothes that you can move in.

Core Strengthening is designed to work large muscle groups and deep core muscles with body weight exercises. Please wear clothes that you can move in and bring water and a mat.

Flash Friday is a 30-minute express class for those who want to get in, break a sweat, and get out. Fully-body strength and cardio circuits using minimal equipment are designed for all fitness levels, and can be done indoors, outdoors, at home or at the office.

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 to 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 muscular training movements.

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 like working out at a party! The fusion of hypnotic Latin & International rhythms with aerobics dance elements are designed to improve balance, coordination, agility, muscle tone, & keep the heart healthy.
Additional Information

For **more information**, including updated wellness offerings, visit [https://wellcats.txstate.edu/](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](https://wellcats.txstate.edu/).

**Campus Recreation:** Fitness & Wellness is providing virtual opportunities for example FREE on demand workouts you can access at any time. Fall 2020 GroupX schedule starts August 24th. Visit our [website](https://wellcats.txstate.edu/) for updates.

To view our new hours of operation please visit: [https://www.campusrecreation.txstate.edu/hours/facility-hours.html](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](https://www.campusrecreation.txstate.edu/updates.html)