WellCats is the FREE employee wellness program at Texas State University. If you are committed to your health and wellbeing, please consider joining.

Join ANYTIME - WELLCATS is FREE!

As of August 26th, 2019, we launched a NEW registration process, and EVERYONE is required to register with the new system. Please follow the easy steps below and complete your registration as soon as possible.

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.

Registered WELLCATS members:

- Are informed about events and a variety of wellness topics via newsletters, Facebook posts (The Virtual Studio), and our website.
- 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.

Consistent with online teaching through the end of August and quarantine regulations in Texas, WellCats has adapted and gone online with our 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. 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 Josh 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.

**Founding Fathers’ Favorites**

*Healthful versions of past presidents’ favorite meals*

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**Beat the Heat**

*Cool off with these refreshing dishes*

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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!

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.

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.
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<td>9:00-10:00 AM</td>
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<td>Strength 101</td>
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<td>12:15-12:45 PM</td>
<td>Circuit Training</td>
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<td>Core Strengthening</td>
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<td>Rest, Relax, Restore</td>
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<td>5:30-6:30 PM</td>
<td>Step It Up/Yoga Flow 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.

**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.

**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 101** This 45-minute class will build your strength using your body weight and other household items – right at home.

**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/

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 FREE on demand workouts you can access at any time and FREE virtual live workouts for Summer II: July 6th - August 1st. https://www.campusrecreation.txstate.edu/.

For most up-to-date information in regards to Covid-19 and the SRC visit: https://www.campusrecreation.txstate.edu/updates.html