



# Fall 2016 TEAM LIFE Employee Wellness & Fitness Activities

## Join us for 10 Weeks of Fitness!

The following fitness activities begin September 12th and end November 18th

### Mondays - 4:30-5:30 pm Intermediate Yoga (room G-8)

Join us in this intermediate-level class as we take an hour to de-stress while developing strength and focus with the guidance of Candace Rose. This class will incorporate the sun-salutation and more advanced yoga exercises, and is designed for students who have prior yoga experience.



You can also practice yoga by watching Candace's yoga video series on YouTube, just go to: <https://www.youtube.com/user/CandaceRoseYoga>

Contact Candace Rose for more information: [crose@palomar.edu](mailto:crose@palomar.edu)

### Tuesdays - 12:00-1:00 pm Fusion/Flip Fusion (room G-8)

**Fusion** is a High Intensity Interval Training (HiIT) workout that fuses cardio with strength training. With Fusion, you HiIT it hard. The circuits and level changes maximize the intensity and bring the burn.



**Flip Fusion** combines heavy reps of concentrated muscle work with quick spurts of intense cardio. It's the ignite-your-body, catapult-your-strength training class that continues to keep your calories burning.

### Wednesdays - 12:00-1:00 pm Strike/Dance Mixx (room G-8)

**Strike** hits cardio and muscles hard for maximum impact. Jab, hook, kick and crunch through pulse-pounding cardio. Then go for the knock out with some serious muscle work. No need to bring gloves--just your swagger and some attitude.

**Dance Mixx** is a high intensity dance workout that targets the 3 major muscle groups - upper body, abs and legs--so you'll feel it where you need it.

Knock out fat, kick stress and boost your mood while you crush up to 800 calories in 60 minutes with these formats.

### Thursdays - 12:30-1:30 pm Gentle Yoga (room G-8)

Please join us as we take an hour out of our week to de-stress and unwind with the guidance of Candace Rose. Candace is one of our awesome Cinema Professors who also happens to be an amazing yoga instructor. This beginning-level class is held at a slower pace, and focuses on releasing stress and tension through basic yoga stretches. Relaxation and breathing exercises will also be incorporated to help promote a sense of well-being. This class is open to everyone, even if you've never done yoga before.



You can also practice yoga by watching Candace's yoga video series on YouTube, just go to: <https://www.youtube.com/user/CandaceRoseYoga>



### Employee Swim Times

Monday through Thursday, 11:15 am-1 pm  
Monday, Wednesday and Friday, 7-9 am  
[Please fill out release form prior to swimming](#)

### Couch to 5k Morning Training

8 week training program beginning 9/27  
Tuesday & Thursday 7-8 am - meet at track  
3rd workout each week on your own over the weekend

### COUCH TO 5K



# Represent Palomar at an upcoming 5K!

## This year, we're kicking off our activities with the 2016 5K West Coast SCADaddle for Research on September 10th!

We chose this event in support of one of our own, Marti Snyder, who survived SCAD this year. Join us for a 5K fun run/walk to raise money for research on Spontaneous Coronary Artery Dissection (SCAD). SCAD is a type of a heart attack, not associated with typical risk factors of heart disease.

### Get ready with the "Couch to 5K" workout for eight weeks prior to the Turkey Trot!

The Couch to 5K training program will take you from the couch to being able to run a 5k in 8 weeks by following the 3 day/week training program. First, download the application - it's available in all formats, just search your phone's app store for "Couch to 5K" for your options, many of which are free. Kelly and Suzanne will lead the group workout at 7:00 am each Tuesday and Thursday beginning September 27th and ending November 17th. You will do the third workout each week on your own over the weekend. Finish strong by joining Team Palomar at the Fallbrook Thanksgiving Day Turkey Trot on November 24th. If Fallbrook isn't convenient, join any of the Turkey Trots being held all over Southern California. You'll find a great list of available events at [www.runningintheusa.com/Race/](http://www.runningintheusa.com/Race/).

**2016 5K West Coast  
SCADaddle for Research**  
Saturday, September 10, 2016  
Benefiting SCAD RESEARCH INC



The fun run/walk will take place in beautiful Carlsbad, CA. We will start at Aqua Hedionda Lagoon (4200 Garfield Street) - North Shore Hubbs Trail and end at the Discovery Center (1580 Cannon Road). There will be vendors, a silent auction and fun for all! Shuttles will be available to take you back to your vehicle. Participants receive a t-shirt, a medal, and a taco lunch!

**Click the link below to join Team Palomar for the 2016 5K West Coast SCADaddle for Research to be held on September 10, 2016.** If you would like to participate, the fee is \$30.00 for age 13 and over and \$15.00 for ages 6-12. Team Life will provide participants with a Palomar Team Life shirt, backpack, water bottle and towel - We'll collaborate in advance and make a really fun day of it!

<https://www.firstgiving.com/team/326273>

**This is the kick-off event to Team Life's fall activities!** SCAD is relatively uncommon and often impacts younger, otherwise healthy individuals like Marti. SCAD occurs more often in women than men and can be fatal. Research is needed to identify the cause(s) and the best treatment options. Join Team Palomar for this important event.

## Fallbrook Thanksgiving Day Turkey Trot

Thursday, November 24, 2016  
Benefiting Fallbrook Land Conservancy,  
Fallbrook Animal Sanctuary & Fallbrook  
Village Rotary Club Foundation

Join us for a 5k stroll, walk or run through the Grand Tradition Estate and Gardens and Los Jilgueros Preserve. All levels are welcome. The trot begins at 8:00 am. Exercise before the Thanksgiving feast and see how much better you feel! Want to keep burning calories after the workout is over? Try short high intensity sprints followed by recovery walk.

**Click the link below to join Team Palomar for the Fallbrook Thanksgiving Day Turkey Trot.** The cost to join is \$30.00 until 10/17; \$35 until 11/14; and \$40 from 11/15 on. Join early for the best rate. Team Life will provide participants with a Palomar Team Life shirt, backpack, water bottle and towel - We'll collaborate in advance and make a really fun day of it!





### [Fallbrook Thanksgiving Day Turkey Trot](#)

Prepare by joining Kelly and Suzanne in the Couch to 5K workout program for eight weeks prior to the Turkey Trot. Start by downloading the app - you can find one for any phone.

**COUCH TO 5K**



# Fall Wellness Wednesdays!

Day	Date	Time	Topic	Instructor	Room
Wednesday	09/07/16	5:00-6:00 pm	<p><b>Overcoming Burnout</b></p> 	Loran Thompson	MD-104
Wednesday	09/21/16	5:00-6:00 pm	 <p><b>Maximizing Your Brain's Potential</b></p>	Loran Thompson	MD-104
Wednesday	10/05/16	5:00-6:00 pm	 <p><b>The Power Of Positive Thinking</b></p>	Loran Thompson	MD-104
Wednesday	10/26/16	5:00-6:00 pm	<p><b>Assertive Communication</b></p> 	Loran Thompson	MD-104
Wednesday	11/09/16	5:00-6:00 pm	 <p><b>Mindful Meditation</b></p>	Loran Thompson	MD-104
Wednesday	11/30/16	5:00-6:00 pm	<p><b>The Art of Listening &amp; Giving Feedback</b></p> 	Loran Thompson	MD-104