



Spring 2017 TEAM LIFE Employee Wellness & Fitness Activities

Join us for 10 Weeks of Fitness!

The following fitness activities begin February 27th and end May 11th

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

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 - 1:00-2:00 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 am-1 pm
Monday, Wednesday and Friday, 7-8 am
[Please fill out release form prior to swimming](#)



Join the Wellness & Fitness Center (WFC)

<http://www2.palomar.edu/pages/fitnesscenter/>



**Health
Dimensions®**



**Biometric
Screening**

Health Dimension Expo

San Marcos: Wednesday, February 22nd, 11 am-1 pm
ST/AA Courtyard

Health Dimension Biometric Screenings

Escondido: Tuesday, February 21st, 10am-4pm
in Conference Room 10

San Marcos: Wednesday, February 22nd, 10am-4pm
and Thursday, February 23rd, 10am-4pm
in Room ST-24

You may schedule appointments at www.sishealth.com

**CARLSBAD
5000**
WORLD'S FASTEST 5K
A *Rock n' Roll* SIGNATURE EVENT

Represent Palomar at the upcoming 5K!

Join our team at the Carlsbad 5000!
Register under team: "Palomar TEAM LIFE"
To register go to:

<http://www.runrocknroll.com/carlsbad-5000/>



10-Week Weight Loss Challenge

Sign up as a team of 2, 3, or 4. Cost is \$20 per person.
Cash awards for top male/female winners + additional team prizes.

Sign-ups for the Weight Loss Challenge will begin
on the day of the Health Fair:

Wednesday February 22nd, 2017

The initial weigh-in will take place on Thursday, February 23rd.
The final weigh-in will take place on Thursday, May 4th.

All weigh-ins will be held on Thursdays each week in the
HS building, room 202 from 12:30-4:30 pm.

For make-up appointments, call Julia Robinson at ext. 3713
The nursing department will be working collaboratively with Team
Life this year to provide the weigh-ins and result analysis.

Spring Wellness Wednesdays!

Date	Time	Topic	Instructor	Room
2/22/17	5-6pm	<p>10 Simple Steps to Financial Success:</p> <p>Join your SDCCU representative for an informative session. These ten steps will help you make educated choices based on clear priorities. Changing lifelong financial habits may take some work, but by following these steps, you can make the adjustments you need to make your money work for you.</p>	SDCCU	MD-103
3/8/17	5-6pm	<p>Keeping your Cool When it Counts:</p> <p>Strong emotions are inevitable. This workshop goes beyond identifying emotions to managing and controlling ourselves when all of our buttons have been pushed. We need real strategies to say and do the right thing. Discussed will be new, state-of-the-art techniques that will ensure you will keep your cool.</p>	Anthem	MD-103
3/22/17	5-6pm	<p>Understanding Credit Reports, Prevention of ID Theft and Scams:</p> <p>Join your SDCCU® representative for an informative session on credit reporting. You will also receive tools on correcting inaccuracies and how to avoid identity theft.</p>	SDCCU	MD-103
4/12/17	5-6pm	<p>Dynamics of Change Management:</p> <p>Change is stressful. Learning how to manage and cope with change is vital to our well-being in this ever-changing world. Even if the stress of change is unavoidable, you can build useful relationships and learn how to deal effectively with change in the workplace. Discover strategies and tactics that can help you cope with change and take charge of what can be controlled.</p>	Anthem	MD-103
4/26/17	5-6pm	<p>Building a Better Budget:</p> <p>Join your SDCCU representative for an informative session and learn to achieve financial independence without having to sacrifice all of life's pleasures. Essentially, a budget is a tool to make the most out of your money. With it, you'll be able to identify and eliminate wasteful spending while keeping and even adding to those expenses that are truly important to you.</p>	SDCCU	MD-103
5/10/17	5-6pm	<p>Fostering Inclusion in the Workplace:</p> <p>Inclusive work environments are productive environments! This seminar discusses how employees and managers can create an inclusive workplace. Participants will learn to identify activities attitudes and assumptions that exclude co-workers. Explore how to include others in ways that not only enrich the workplace but personal lives as well.</p>	Anthem	MD-103