



# Spring 2018—Newsletter

## TEAM LIFE Employee

### Wellness & Fitness Activities

*Together Evaluating Assessing Managing Life Improvement For Employees (TEAM LIFE)*

## Join us for 10 Weeks of Fitness!

The following fitness activities begin February 26 and end May 11 (no activities the week of Spring Break):



Monday	Tuesday	Wednesday	Thursday	Friday
6:30-8 am: Open Swim (pool)	7-8 am: Walk the Track	6:30-8 am: Open Swim (pool)	7-8 am: Walk the Track	6:30-8 am: Open Swim (pool)
7-8 am: Walk the Track	11-12:30 pm: Open Swim (pool)	7-8 am: Walk the Track	11-12:30 pm: Open Swim (pool)	7-8 am: Walk the Track
11-12:30 pm: Open Swim (pool)	12-12:30 pm : *Boot Camp (G-8)	11-12:30 pm: Open Swim (pool)	12:30-1:30 pm: Gentle Yoga (G-8)	11-12:30 pm: Open Swim (pool)
1-1:30 pm: Jazzercise (G-8)	*First session will be a workshop entitled "Setting healthy goals and finding the motivation to achieve them" to kick off the boot camp series.	1-1:30 pm: Jazzercise (G-8)		12-1 pm: Walk the Track
4:30-5:30 pm: Intermediate Yoga (G-8)				
4:45 pm: Training for Carlsbad 5K @ race track steps	12-1 pm: Walk the Track			



Step Challenge details on Page 4!

# Join Us @ the Health Expo!

Who: Palomar College Employees

What: Health Expo

When: February 28th from 11:00am-1:00pm

Where: AA/ST Courtyard

Why: Raffle prizes, healthy living information, Biggest Loser Sign-ups, and more!



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



The Carlsbad 5000 is **March 25, 2018**. Join Palomar College TEAM LIFE in this years' race! Register online at <http://www.runrockroll.com/carlsbad-5000/register/> Select "Join a Team", and choose Palomar College TEAM LIFE. Join us for weekly training sessions at the track, every Monday until race day at 4:45 p.m.!

*MARK YOUR CALENDAR!*

Contact Elena Ibarra at ext. 2140 for more info!



The Biggest Loser Challenge is back! The first weigh-in will take place at the Employee Health Expo on February 28th from 11:00am-1:00pm in the AA/ST courtyard. Buy-in is \$20, and prizes will be given to the top male, top female, and top team. Weekly weigh-in times and locations TBD. Sign-up online at: <https://goo.gl/forms/BjTfuJBoykcY95MI3>

*\*\*Watch for volunteer opportunity to give our “P” on the mountain a face lift late Spring/Summer\*\**



## **Free Biometric Health Screenings**

Health Smarts will be returning February 28th and March 1st at 10:00am-4:00pm in MD-155C to conduct free biometric health screenings. Participants earn a \$25 Amazon Gift Code! Make your appointment at [www.sishealth.com](http://www.sishealth.com).

# BOOT CAMP

Taught by Weston Titus

**Get a great workout  
during lunch**

Join us **February 27th at Noon** in **G-8**

For Day 1 of Goal Setting

All employees are welcome!

All exercises will be modifiable for all levels

Workouts will be high intensity cardio and bodyweight  
resistance class sessions

## Step Challenge

The Step Challenge is back this semester! Buy-in is \$20, and payouts will be given for the following categories:

- First person to 100,000 steps (25%)
- Person with the most steps in one week (25%)
- Person with the most overall steps (25%)
- Person with most steps in one day (25%)

Sign-up online at: <https://goo.gl/forms/ZiFWmACKL9own8tB3>

