Active Lifestyle

An active lifestyle means 30 minutes of activity most days of the week for overall health improvement and weight maintenance. You can fit this 30 minutes of fitness into your day by building on activities such as:

✓ wearing a pedometer to reach the goal of 10,000 steps a day.
✓ walking 15-20 min after you eat lunch.
✓ taking the stairs regularly.

Active @ Work offers the following workshops and classes:

Dancing for Fun and Fitness (BEUHS605)
Fri 2/12, 3/4, 4/8, 5/20; 12:10 - 1:00 pm, 251 Hearst Gym

First Steps to Functional Fitness (BEUHS618)
Fri 2/19 or 3/11; 12:10 - 1:00 pm, 251 Hearst Gym

Resistance Band Exercises For Small Spaces (BEUHS657)
Fri 2/26; 12:10 – 1:00 pm, Tang Ed Center

Walk to 5K Workshop (BEUHS656)
Thu 3/31 or Tue 5/3; 12:10 – 1:00 pm, Edwards Track

Additional campus fitness resources:

Health*Matters Walking Group
Meets every MWF, 12:10 pm at the Campanile

Recreational Sports
calbears.berkeley.edu.

Register at:

uhss.berkeley.edu/facstaff/healthmatters/activeatwork.shtml

Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.
Dancing for Fun and Fitness (BEUHS605)
Fri 2/12, 3/4, 4/8, 5/20; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Nadia Qabazard
Fit some fun and fitness into your day with these free, beginner dance classes. Zumba will be on 2/12 and 5/20, Samba will be on 3/4 and Polynesian/Hula will be on 4/8. No partner required. Comfortable clothing and athletic shoes recommended.

First Steps into Functional Fitness (BEUHS618)
Fri 2/19 or 3/11; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Cori Evans, MA, NSCA
The journey to better health begins with the first step. Short on time and want to improve your cardiovascular health, muscular strength, stability and flexibility? This workshop is an introduction to the 7 Minute Workout and provides the tools to design a sustainable and fun exercise plan. Participants will receive a resistance band and guide for different types of workout routines. Comfortable clothing and athletic shoes recommended.

Resistance Band Exercises For Small Spaces (BEUHS657)
Fri 2/26; 12:10 – 1:00pm, Tang Ed Center
Instructor: Cori Evans, MA, NSCA
Limited on time, space and equipment? Fitting physical activity into your workday can make a difference in your cardiovascular health, muscular strength and endurance and joint mobility. Learn how to maximize your office space and get the most out of a 10 minute exercise break with body weight and resistance band exercises. Resistance bands will be provided. Comfortable clothing recommended.

Walk to 5K Workshop (BEUHS656)
Thu 3/31 or Tue 5/3; 12:10 – 1:00 pm, Edwards Track
Instructor: Cori Evans, MA, NSCA
Have you ever wanted to participate in a 5K event and running is not an option? Come discover the tools to turn your walk into a 5K training program and a full body workout. Comfortable clothing and athletic shoes recommended.

Online Resources
uhs.berkeley.edu/facstaff/healthmatters/activeatwork.shtml

Online Tools
Educational resources on getting started, tracking tools, injury prevention, campus exercise guide and referrals with links to recommended fitness websites.

Instant Recess
5-10 minute video clips you can use to for fun, low impact, simple callisthenic movements done to music. Also great to use for activity breaks at meetings longer than an hour.