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 9/4, 10/2, 11/6; 12:10 - 1:00 pm, 251 Hearst Gym

**First Steps to Functional Fitness (BEUHS618)**
Fri 10/16 or 12/4; 12:10 - 1:00 pm, 251 Hearst Gym

**Fitness Walking Clinics**
Thu 10/22-11/12; 12:15 – 1:00 PM, Edwards Track

**Get Fit in 7 Minutes (BEUHS652)**
Fri 10/30 or 11/13; 12:10 - 1:00 pm, 251 Hearst Gym

**Mindful Stretching to Ease Joint Discomfort**
Fri 10/9; 12:10-1:00 pm, 251 Hearst Gym

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

**Recreational Sports**
calbears.berkeley.edu.

Register at:
uhb.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 1/30, 2/20, 3/20, 4/17, 5/22, or 6/12; 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. The 3 classes this semester will rotate from Zumba, to Brazilian Samba, to Polynesian/Hula dancing. No partner required.

First Steps into Functional Fitness (BEUHS618)
Fri 10/16 or 12/4; 12:10 - 1:00 pm,
251 Hearst Gym
Instructor: Cori Evans, MA, NSCA
The journey to health begins with the first step. This introduction to the Get Fit in 7 Minutes workshop, will provide participants with the tools to design a sustainable and fun exercise plan, while learning how to safely execute the top 10 exercises for a complete strength and flexibility training routine. Participants will receive a band and guide for different types of workout routines. Comfortable clothing and athletic shoes recommended.

Fitness Walking Clinics (BEUHS647-151022)
Thu 10/22-11/12; 12:15 – 1:00 PM, Edwards Track
Instructor: Cori Evans, MA, NSCA
This progressive walking clinic is designed for all fitness levels and will provide you with a weekly training regime focused on increasing your cardiovascular and muscular strength within a comprehensive walk program. Participants will receive an exercise band and a weekly walk workout. You are welcome to attend any or all of the sessions but you can benefit the most from attending all. Plus, get rewarded with entry into the prize drawing every time you attend. Comfortable clothing and athletic shoes recommended.

Get Fit in 7 Minutes (BEUHS652)
Fri 10/30 or 11/13; 12:10 - 1:00 pm, 251 Hearst Gym
Instructor: Cori Evans, MA, NSCA
Come and learn how a High Intensity Circuit Training (H.I.C.T.) workout in just 7 minutes using your body weight, a chair and wall, can help you maximize your time and workout space. According to the American College of Sports Medicine, the combination of aerobic and resistance training in a high-intensity, limited-rest design can deliver numerous health benefits in much less time than traditional programs. Prerequisite: All first time or returning exercisers are encouraged to register for First Steps to Functional Fitness prior to attending this workshop. Comfortable clothing and athletic shoes recommended.

Mindful Stretching to Ease Joint Discomfort (BEUHS654-151009)
Fri 10/9; 12:10-1:00 pm, 251 Hearst Gym
Mindful movement throughout the day is essential for daily living and helps to prevent joints from becoming stiff or painful due to the discomfort from prolonged sitting, osteoarthritis or age. Learn stretches to help improve your overall flexibility, relieve tight muscles and ease your joint pain. Comfortable clothing and shoes are recommended.

Note: If you are currently experiencing pain, please seek the care of your primary care physician prior to attending this class.

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.