Welcome to the second issue of Thrive and Strive! Spooky October and your Fit Plus Team is bringing to you new classes, videos, and challenges! Stay tuned for new content every week: Mindfulness meditation Mondays, Motivational Tuesdays, StretchLab video Wednesdays, Training Tips Thursdays, and Fitness Hack Fridays.

Fall 2021 Class Schedule updates and listing our regular wellness classes and some new course offerings brought to you by your Fit Plus Interns! Let’s get ready this month to work toward our health and wellness goals!

We invite you to keep our partner and participate in our daily Zoom classes as well as our on-campus surprises.

Stay tuned for more to come!

Instagram: sfsufitplus
Email: fitplus@sfsu.edu
Website: https://kin.sfsu.edu/fitplus
Emotional Wellness Month

This is a month dedicated to taking care of mind and body. The calendar features different activities and things to do to help you with your emotional wellness. Check Instagram and iLearn for updates throughout October.

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<td>BINGO BEGINS</td>
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<td>9 CALL A FRIEND/ FAMILY</td>
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<td>EXPLORE/ GETAWAY</td>
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<td>24</td>
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<td>WELLNESS WALK</td>
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<td>NATIONAL CAT DAY</td>
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<td>WELLNESS WALK</td>
<td>TRICK OR TREAT SCAVENGER HUNT</td>
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<td>SELF CARE DAY</td>
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October Bingo is a new and fun way to get your exercise on!

Explore your fitness and wellness with Bingo. Points are earned through exercise and participation in some of our FitPlus classes!

Complete each week's Bingo card in October.

The rule book will launch on the FitPlus iLearn page.

A New Bingo card will launch every Sunday morning on the FitPlus iLearn page.

https://kin.sfsu.edu/fitplus
FITPLUS PRESENT: WELLNESS WALK

LETS TAKE A WORK BREAK TOGETHER
BENEFITS:

- INCREASE PHYSICAL ACTIVITY
- INCREASE MIND WELLNESS
- MIDDAY RELAX TIME
- PLUS: MADE WALKING FRIENDS

GYMNASIUM BLDG
(BY ALLIGATOR STATUE)
EVERY TUE & WED ~ 12 PM

Contact us

sfsufitplus
fitplus@sfsu.edu
https://kin.sfsu.edu/fitplus

STARTING 10/05

By: Veronica Canario
FITPLUS PRESENT: WELLNESS WALK

PICTURE FROM FITPLUS FAMILY OCT. 06.

JOIN US NEXT TIME
AUTUMN IS THE TIME OF YEAR WHEN MOTHER NATURE SAYS "LOOK HOW EASY, HOW HEALTHY AND HOW BEAUTIFUL LETTING GO CAN BE"

Fitness Scavenger Hunt
Quad
Oct. 27, 12 PM

BY: FITPLUS TEAM

RAFFLE SURPRISE PRIZES FOR PARTICIPANTS
GET YOUR CREEPY COSTUMES READY

SFSU BOOKSTORE
WELLNESS

FUN WAYS TO GET YOU FEELING GOOD ABOUT YOURSELF!

**FOAM ROLL**
Foam rolling is essential to keeping your muscle happy and healthy.

**DECLUTTER**
This will help organize your life and make your space feel clean and fresh.

**COLD SHOWER**
This is great for waking you up in the mornings and revitalize your muscles.

**READ A BOOK AT NIGHT**
Instead of being on your phone, try to fall asleep reading a book. Studies show that your phone prevents you from falling asleep.
HEALTHY SNACK LIST

SALTY OPTIONS:

Olives (10 units)
antioxidants and anti-inflammatory properties
Calories: 58 kcal
Protein: 0.4 g
Fat: 6 g
Carbs: 1.5 g

Oysters (100 g)
Rich in iron, zinc, VitB12, and VitD.
Calories: 51 kcal
Protein: 6 g
Fat: 3 g
Carbs: 1.7 g

Humus (1 tbsp)
Great source of fiber, heart-healthy fat, and protein.
Calories: 27 kcal
Protein: 1.2 g
Fat: 1.3 g
Carbs: 3 g

Tabouli (100 g)
Replenish essential vitamins and promote healing.
Calories: 123 kcal
Protein: 9.7 g
Fat: 1.6 g
Carbs: 9.3 g

Pickles (100 g)
antioxidants and anti-inflammatory properties
Calories: 11 kcal
Protein: 0.3 g
Fat: 0.2 g
Carbs: 2.2 g
Summer Langsam

Summer is finishing her last semester at SF State with a Kinesiology Major in Exercise and Movement Science. She has her personal training certification. Summer played soccer for 16 years of her life, including at San Francisco State University. We encourage you to participate in her Mondays and Wednesdays Strength training class and Thursday Toning and strength bodyweight class. She is looking forward to seeing you in her classes over this semester!
"Starting is the first step in achieving. As a beginner, you are already progressing, and so allow yourself to be a beginner. Have faith in yourself, your abilities, and the learning process. Remember, the expert was once a beginner."
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<td><strong>Mid-Morning Meditation</strong> 10:00am (passcode: 191023)</td>
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<td><strong>Beginner/Intermediate Boxing</strong> 11:00am (passcode: 435301)</td>
<td><strong>Toning &amp; Strength Body Weight</strong> 9:00am (passcode: 099243)</td>
<td><strong>Postural Reset</strong> 3:30pm (passcode: 913630)</td>
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<td><strong>Boot Camp ($) 5:00pm</strong> (bootcamp1)</td>
<td><strong>Fitness 101</strong> 5:00pm (passcode: 579960)</td>
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