Welcome to the 4th edition of Strive and Thrive for Fall 2021. The Holidays are here, and we want to take a moment to thank you for allowing us to be a part of your wellness journey. Keep up the great work, and we are looking forward to continuing this journey with you!

Come and gather with us at our White Elephant event, where we will celebrate each other with a mindful gift.

We invite you to continue to join our daily Zoom classes and our on-campus Wellness Walk.

Do not give up so close to the end!

Note From The Fit Plus Team:

sfsufitplus
fitplus@sfsu.edu
https://kin.sfsu.edu/fitplus
THANKFUL
PICNIC
MEMORIES

THANK YOU FOR JOINING US.
WHITE ELEPHANT

Please R. S. V. P.: vcanario@mail.sfsu.edu

Gymnasium Bldg
(by alligator statue)

As a fitness family, we will share a mindful unisex gift under $5.
Creativity and meaning is the goal.

Dec 15 ~ 12 PM
Month of Balance

The current month is dedicated to balance before the New Year and Christmas period. The calendar features different activities and things to do to help gratitude. Check Instagram and iLearn for updates throughout December.

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Safety tips for exercising outdoor in Winter

- Warm up first
- Stay hydrated
- Dress in layers
- Keep your extremities warm
- Wear bright colors
- Check the weather forecasts

If the temperature dips below zero F (-18 C) or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead.

https://kin.sfsu.edu/fitplus
FUN WAYS TO GET YOU FEELING GOOD ABOUT YOURSELF!

GRATITUDE
BEGIN YOUR DAY WITH GRATITUDE
MY WRITING 5 THINGS YOU'RE THANKFUL FOR

TAKE A WALK
THIS IS A GREAT WAY TO MENTALLY PREPARE YOURSELF FOR YOUR DAY

BE KIND
WE FORGET THAT BEING KIND TO OUR MENTAL STATE IS ONE OF THE MOST IMPORTANT THINGS

VITAMINS
TAKING VITAMINS IS VERY IMPORTANT FOR ONE'S HEALTH. SOME GOOD VITAMINS TO TAKE ARE B12, D3, K AND MULTIVITAMIN
Ezekiel sprouted bread uses a unique combination of 6 grains and legumes that are easier to digest, increase mineral absorption, and contain increased antioxidants.

Sautéed Mushroom herbs Hummus Toast

Avocado Toast with Spicy sautéed Chickpeas

Avocado Corn Cheese Toast

Peanut Butter Banana Honey Toast
Hi Fit Plus team! My name is Jared Taylor, an SFSU graduate in Kinesiology of 2020, ACSM CPT, and fellow instructor of the Boot Camp class. I have been with Fit Plus for about a year and a half, starting as an intern, then continuing forward with the team as I enjoyed each semester so much, having the support and growing with everyone. I am pursuing fitness to encourage people of all walks of life to live a healthy and balanced lifestyle. Exercise and sports have always been there throughout my life, finding joy from them all day after day. As I further myself, I want to encourage others to find that same joy in whichever way fitness comes along and sticks around in one’s life. Fit Plus is another step to getting people moving and pushing forward to better themselves.

Sincerely,
Jared Taylor.
“You learn more from failure than from success. Don’t let it stop you. Failure builds character.” — Unknown
December is the month of joy, giving, love, and happiness. The month of December is marked with Christmas and New Year.

During this month, people tend to gather together.

Let's keep the December tradition and enjoy the most beautiful time of the year.
FITPLUS PRESENT:
WELLNESS WALK

LET'S 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

By: Veronica Canario
WELLNESS WALK

There are friends, there is a family, and then there are friends that become family.

Come and join our Fitness Family.
Dear FitPlus Members,

Thank you so much for your participation in our zoom classes and on-campus activities. You came through, proving what it means to be dedicated and disciplined. The extra effort you all put into being physically active was appreciated for us and, more important, for yourself. We are happy to have you as a part of this team.

We send you the best wishes for your holiday break. Remember it is not a Goodbye; It is a See you later.

With love,
FitPlus Team.