A Note From Your Fit Plus Team

Welcome to the third issue of Thrive and Strive! This month-of-April your Fit Plus Team is bringing to you new classes, videos, and events!

Stay tuned for new content every week: Motivational Mondays, Trainer Tip Tuesdays, Wellness Wednesdays, Fitness Hack Fridays as well as our Earth Day Exercise Event!

Let's get ready this month to work toward our health and wellness goals!

With appreciation,

Fit Plus

For more Information on Fit Plus, contact Director Penacerrada @jpen.sfsu.edu
FIT PLUS SPRING 2021

DAILY WELLNESS CONTENT

NEW VIDEOS, NEW CONTENT Featured in DAILY REMINDERS, iLEARN, & SOCIAL MEDIA PAGE: (@sfsufitplus on Instagram)

MOTIVATIONAL MONDAYS
with Savanna
Starting your week off with uplifting messages and positive quotes!

WELLNESS WEDNESDAYS
with Priscilla
Every Wednesday includes a new video on different ways to get yourself active!

TRAINER TIP TUESDAYS
with Aly
Check out our Trainer Tip Tuesday for more recommendations on your favorite exercises!

FITNESS HACK FRIDAY
with Franco
No gym equipment? No problem! Check out this NEW weekly quick video series for unique workouts & exercises using items you can find around the home!

LINKS TO CLASSES & DESCRIPTIONS ARE LISTED ON FIT PLUS iLEARN
CORE & FLEXIBILITY
(MONDAY & FRIDAY 9am-9:30am)
Join in on this 30-minute, low impact class focused on improving your core strength and overall flexibility!

BREAK A SWEAT
(MONDAY & FRIDAY 12:10pm-1pm)
This 45-minute, moderate/high intensity class focuses on total body conditioning through strength and cardio training!

BOOT CAMP ($)
(MONDAY & WEDNESDAY 5pm-6pm)
Team up with Coach Justin in this personalized and progressive training program suitable for all levels for 1 hour twice per week!

STRENGTH TRAINING
(TUESDAY & THURSDAY 12:10pm-1pm)
Join this 50-minute class to strengthen each part of the body including stability, core, and more!

YOGA 101 *NEW*
(TUESDAY & THURSDAY 1pm-1:30pm)
Join in on this 30-minute Yoga session for beginners. If this is your first time taking Yoga, or just want to get back into it, then this class could be perfect for you!

FEEL THE BURN *NEW*
(TUESDAY & THURSDAY 5:30pm-6:15pm)
Let's Feel the Burn together in this 45-minute, low impact, total-body muscle sculpting and strengthening class!

BARRE-LATES *NEW*
(WEDNESDAY 12:10pm-1pm)
Join in on this 50-minute, low impact, hybrid Barre & Pilates class to improve daily postural habits and muscle tone!

POSTURAL RESET
(WEDNESDAY 9am-9:30am, FRIDAY 3pm-3:30pm)
This 30-minute, low impact class will rejuvenate your body with light corrective exercises that address posture!

LINKS TO CLASSES ARE LISTED ON FIT PLUS iLEARN
STRESS AWARENESS MONTH

COPING WITH STRESS DURING THE PANDEMIC

1. Get Some Sleep
Getting enough sleep helps you grow and develop normally, pay attention on how you're feeling throughout the day to maintain your health!

2. Focus on Your Strengths
Take some time to think about what you're good at and find ways to do more of those things. By focusing on and building your strength, you can keep your stressors in perspective!

3. Do Things That Make You Happy
Find activities/hobbies that make you happy and incorporate them into your daily life. This could be a physical sport or an artistic outlet!

4. Make time for Exercise
Exercise takes our mind off stress and releases chemicals in our brain to make us feel better. This can be anything from a workout routine, meditation, or taking a stroll in the park.
Morning Journal Prompts

- What are 5 things I am grateful for?
- What are 3 things I want to get done today?
- How do I define success?
- What do I feel I need the most right now, and how can I meet that need?
- What do I need more of in my life?
- How am I bettering myself?
- What do I love the most about myself?
EARTH DAY EXERCISE

with FIT PLUS

Thursday, 4/22/21

Save the Date!

On April 22nd, your Fit Plus team will be hosting a virtual Earth Day Exercise Event!
Mindful Meditation

with Janelle C.

Destress by focusing your attention on breathing, guided imagery, bodily sensations, and mental & physical relaxation.

Starting 04/07/2021

Monday & Wednesday
6:30pm - 6:50pm

For More Information:

jcabanero@mail.sfsu.edu
Start your day off with this 20-25 minute full-body, low intensity, dynamic stretching & relaxation breathing class for a great and easy way to get yourself moving in the morning!

TUESDAY & THURSDAYS 8:30-8:55am
Starting 04/06/2021
For more information, contact fsantos3@mail.sfsu.edu
DID YOU KNOW WE'RE ON SOCIAL MEDIA?

Check out our Instagram for motivation, fitness tips, and other health & wellness-related topics!

And tune in to our Daily Wellness posts!

- Motivation Monday
- Trainer Tip Tuesday
- Wellness Wednesday
- Fitness Hack Friday

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