

THRIVE & STRIVE

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

FIT PLUS

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Note From The Fit Plus Team:

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!



sfsufitplus



fitplus@sfsu.edu



<https://kin.sfsu.edu/fitplus>

WELLNESS CALENDAR

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

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.

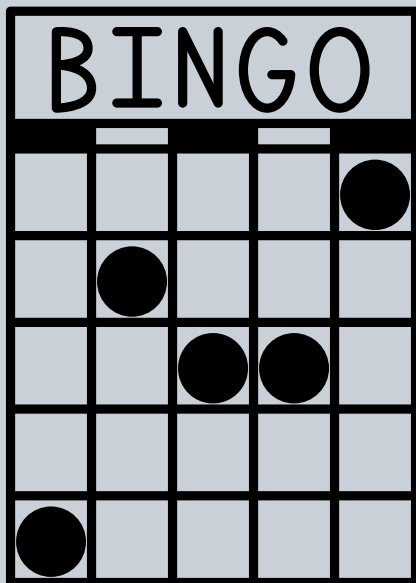
WELLNESS CALENDAR

"Emotional wellness" refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life

OCTOBER -EMOTIONAL WELLNESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 WELLNESS WALK	6 WELLNESS WALK	7	8	9 CALL A FRIEND/ FAMILY
10 WORLD MENTAL HEALTH DAY	11 BINGO BEGINS	12 WELLNESS WALK	13 WELLNESS WALK	14 JOURNAL	15	16
17 NATIONAL PASTA DAY	18	19 WELLNESS WALK	20 WELLNESS WALK	21 MEDITATE	22 EXPLORE/ GETAWAY	23
24	25	26 WELLNESS WALK	27 WELLNESS WALK TRICK OR TREAT SCAVENGER HUNT	28	29 NATIONAL CAT DAY	30 SELF CARE DAY
31 HALLOWEEN DIA DE LOS MUERTOS BINGO FINALE						

BINGO CHALLENGE



THE TOP 3
WINNERS
WILL GET A
PRIZE.

THIS
CHALLENGE IS
SPONSORED
BY



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

Contact us



sfsufitplus



fitplus@sfsu.edu



<https://kin.sfsu.edu/fitplus>



STARTING
10/05

**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

By: Veronica Canario

FITPLUS PRESENT: WELLNESS WALK



PICTURE FROM FITPLUS FAMILY OCT. 06.

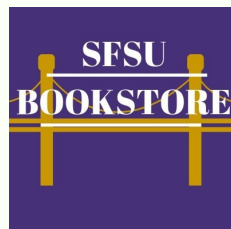
JOIN US NEXT TIME

OCTOBER

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

A Halloween-themed poster with a dark purple background. On the left is a black silhouette of a haunted house with orange-lit windows. In the center, the text 'Fitness Scavenger Hunt' is written in a large, white, gothic-style font. Below it, 'Quad' is written in a smaller, similar font, followed by 'Oct. 27, 12 PM' in a large, white, serif font. At the bottom, a white banner contains the text 'BY: FITPLUS TEAM'. Below the banner, the text 'RAFFLE SURPRISE PRIZES FOR PARTICIPANTS' and 'GET YOUR CREEPY COSTUMES READY' is written in a white, serif font. The background also features a large, pale yellow full moon, bare tree branches, and several orange pumpkins at the bottom.

Fitness
Scavenger
Hunt
Quad
Oct. 27, 12 PM
BY: FITPLUS TEAM
RAFFLE SURPRISE PRIZES FOR PARTICIPANTS
GET YOUR CREEPY COSTUMES READY



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



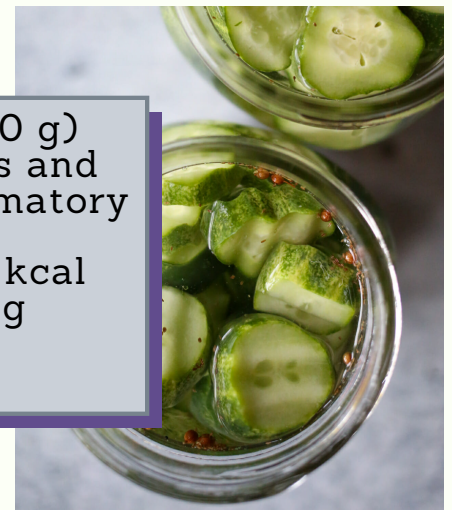
Humus (1 tbsp)
Great source of
fiber, heart-
healthy fat, and
protein.
Calories: 27 kcal
Protein: 1.2 g
Fat: 1.3 g
Carbs: 3 g



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



MEET OUR STAFF

Diohan Pereira

Diohan was born and raised in Brazil. He moved to San Francisco nine years ago. He is trilingual, he can speak Portuguese, English, and Spanish fluently. Diohan is a senior at San Francisco State University, and he is expecting to graduate at the end of Fall 2021. Diohan joined Fit Plus because he wants to gain experience in teaching people. His career goal is to become a soccer coach and PE teacher.

Diohan invites you to join his classes: Mid-Morning Meditation on Monday and Wednesday at 10 am, and Mindful Plays on Wednesday and Friday at 1:10 pm.



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 Streight training class and Thursday Toning and strength bodyweight class. She is looking forward to seeing you in her classes over this semester!



MOTIVATION



"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."

CLASS SCHEDULE

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Toning & Strength Body Weight 9:00am (passcode: 099243) Summer	Postural Reset 8:30am (passcode: 913630) John	
Mid-Morning Meditation 10:00am (passcode: 191023) Diohan		Mid-Morning Meditation 10:00am (passcode: 191023) Diohan			
	Beginner/Intermediate Boxing 11:00am (passcode: 435301) Kaes				Beginner/Intermediate Boxing 11:00am (passcode: 435301) Kaes
Stretch & Flow 12:00pm (passcode: 917628) Veronica Strength Training 12:10pm (passcode: 163338) Summer		Strength Training 12:10pm (passcode: 163338) Summer		Boxing & Strength 12:00pm (passcode: 917628) Veronica	
		Mindful Plays 1:10pm (passcode: 248157) Diohan		Mindful Plays 1:10pm (passcode: 248157) Diohan	
Boot Camp (\$) 5:00pm (bootcamp1) Jared	Fitness 101 5:00pm (passcode: 579960) Hanbae	Boot Camp (\$) 5:00pm (bootcamp1) Jared	Fitness 101 5:00pm (passcode: 579960) Hanbae		
	Body Fit 6:00pm (passcode: 579960) Hanbae	Body Fit 6:00pm (passcode: 579960) Hanbae	Body Fit 6:00pm (passcode: 579960) Hanbae		