

# THRIVE & STRIVE

## FACULTY & STAFF WELLNESS/FITNESS PROGRAM

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## Note From The Fit Plus Team:

Welcome to the third issue of Thrive and Strive! November is here, and with it, our gratitude to you for being part of our family. Fit Plus Team is bringing to you new classes, videos, and activities! Stay tuned for new content every week: Mindfulness meditation Mondays, Motivational Tuesdays, StretchLab video Wednesdays, Training Tips Thursdays, and Fitness Hack Fridays.

Thanksgiving holiday is coming, and we want to take a moment to say Thank You for joining us on a physically active journal. We and your body are grateful for your constant effort.

Come and gather with us at our Thankful Picnic, where we will celebrate each other with food and some games.

We invite you to continue to join our daily Zoom classes as well as our on-campus surprises.

More to come!



sfsufitplus



fitplus@sfsu.edu



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



# HALLOWEEN MEMORIES



# THANK YOU FOR JOINING US!



# THANKFUL PICNIC

Please R. S. V. P.:

✉ [vcanario@mail.sfsu.edu](mailto:vcanario@mail.sfsu.edu)



## GYMNASIUM BLDG

(BY ALLIGATOR STATUE)

YOU ARE WELCOME TO BRING A DISH TO  
SHARE

NOV 23 ~ 12 PM

# WELLNESS CALENDAR

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

## Gratitude Month

The current month is dedicated to saying thank you to yourself for showing up, your body, and the people around you. The calendar features different activities and things to do to help gratitude. Check Instagram and iLearn for updates throughout November.

## WELLNESS CALENDAR

Gratitude in wellness can contribute to one's overall sense of wellbeing. People can have more positive experiences and find balance easier.

NOVEMBER - GRATITUDE MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>EXTRA MILE DAY</b> 1	<b>WELLNESS WALK</b> 2	<b>SANDWICH DAY WELLNESS WALK</b> 3	4	5	6
7	8	<b>WELLNESS WALK</b> 9	<b>WELLNESS WALK</b> 10	<b>VETERANS DAY</b> 11	12	<b>WORLD KINDNESS DAY</b> 13
14	<b>CLEAN OUT YOUR REFRIGERATOR</b> 15	<b>WELLNESS WALK</b> 16	<b>WELLNESS WALK</b> 17	<b>JOURNAL GRATITUDE</b> 18	19	20
21	22	<b>THANKFUL PICNIC WELLNESS WALK</b> 23	<b>WELLNESS WALK</b> 24	<b>THANKSGIVING</b> 25	<b>NATIONAL CAKE DAY</b> 26	<b>FRIENDS AND FAMILY TIME</b> 27
<b>HANUKKAH BEGINS</b> 28	29	<b>WELLNESS WALK</b> 30				



# FITNESS HACK

## Programming for home training

### EMOM TRAINING

November Fitness Hack is training at home: the guide to programming workout.

Every weekend will upload the video for three weeks.

### TABATA TRAINING

The video will include what is the program and how to build your own home training program.

### AEROBIC RUNNING

The program can design with or without equipment.



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

# WELLNESS

**FUN WAYS TO GET YOU FEELING GOOD  
ABOUT YOURSELF!**

**TAKE A BATH**  
TAKING A BATH  
RELIVES YOUR  
JOINTS AND  
MUSCLES

**PLANNER**  
HAVING A  
PLANNER KEEPS  
YOU ORGANIZED  
AS WELL AS  
TIME MANAGING



**PROTEIN SHAKES**  
PROTEIN SHAKES  
ARE VITAL FOR  
HEALTHY LIVING  
ESPECIALLY WHEN  
DOING PHYSICAL  
EXERCISE

**DANCING**  
EVERYONE NEEDS A  
LITTLE MOVEMENT.  
THIS IS A GREAT WAY  
TO GET SEROTONIN  
AND BOOST YOUR  
MOOD

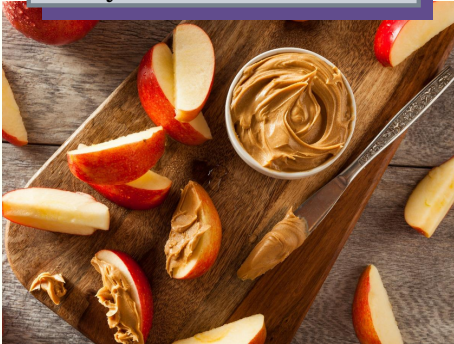


# HEALTHY SNACK LIST

## SWEET OPTIONS:

Apple w/ Peanut Butter

Promoting healthy digestive and immune function  
Reducing stress and inflammation in your body



Yogurt w/ Fruit & Granola

Good Source Of Calcium  
Excellent Source Of Protein  
Provides Good Bacteria  
Brings An Excellent Source Of Fiber



Organic Dark Chocolate

Powerful source of antioxidants  
Raises HDL and protects LDL from oxidation  
Reduce heart disease risk  
Protect your skin from the sun  
Improve brain function.



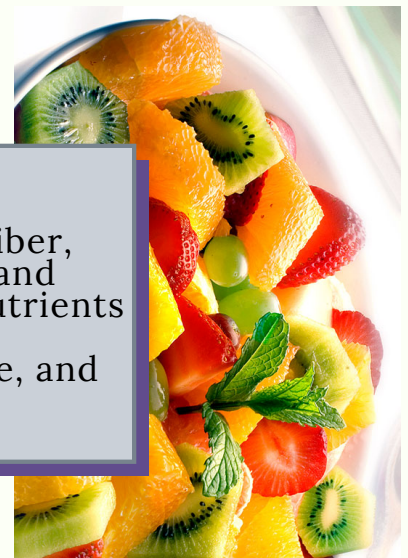
Wheatgrass Shot

Help protect the body from colds, toxins, and harmful molecules  
Boost your metabolism  
High in Nutrients and Antioxidants



Whole Fruit

Loaded with fiber, antioxidants, and other great nutrients prevent heart disease, stroke, and some types of cancer.



# MEET OUR STAFF

## Toni Adebajo

Toni is a recent addition to the FitPlus team. She was born and raised in London, U.K. Toni moved to San Francisco as an exchange student to study Kinesiology. Toni has participated in Muay Thai, Athletics, Skateboarding, and a range of different sports growing up. She is on a path to finding her dream sport and is always up to learning new skills. She is currently the Wellness Coordinator and will be creating monthly content for the wellness calendar.



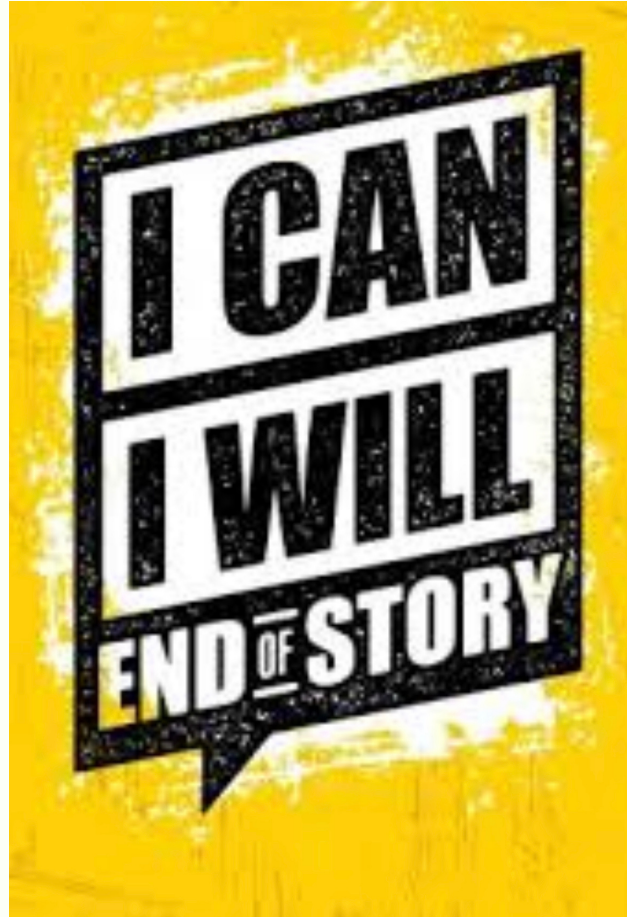
## Kaes Ihsun

Kaes was born in SF but raised his whole life in Palestine. He moved back to SF in 2016. Kaes fell in love with combat sports at a young age and has competed since he was 13 years old. He is on the Muay Thai national team for Palestine. Kaes is about to turn into a professional MMA fighter and dreams to become a UFC champion one day and represents his country Palestine in the big leagues. Kaes is graduating with a BS in kinesiology - exercise movement in fall 2021. Join Kaes's Boxing 101 class every Tuesday and Saturday at 11 am.





# MOTIVATION



"Motivation is what gets you started. Habit is what keeps you going. Don't always rely on motivation because you won't always be motivated. Instead, focus on changing your habits. "

- Anonymous.

# SPREAD GRATITUDE

November is the month of gratitude. Showing gratitude is not just saying "Thank You." Gratitude is the ability to focus only on the positive aspects of life. Let's demonstrate how grateful we are this month of November and appreciate our own lives and achievements.





# FITPLUS PRESENT: WELLNESS WALK

Contact us



sfsufitplus



fitplus@sfsu.edu



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



**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.



# CLASS SCHEDULE

## FACULTY & STAFF WELLNESS/FITNESS PROGRAM

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