

THRIVE & STRIVE

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

Note From The Fit Plus Team:

The Fit Plus team is thrilled to welcome back faculty and staff for Fall 2021.

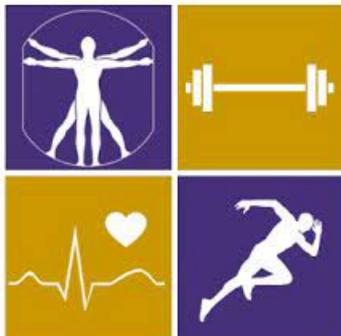
This past year was filled with challenges and now we're looking forward to helping improve our work life experience through wellness.

We're happy to deliver this newsletter to inform you of Fit Plus' continued efforts with our wellness programs and activities.

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

Stay tuned for more to come!

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sfsufitplus



fitplus@sfsu.edu



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

SUICIDE PREVENTION MONTH

24/7 CRISIS LINE: CALL (415) 781-0500 | 24/7 TEXT LINE: TEXT
(415) 200-2920

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and worldwide raise awareness of suicide prevention during September, National Suicide Prevention Month.

World Suicide Prevention Day is September 10.

It's a time to remember those affected by suicide, raise awareness, and focus on directing treatment to those who need it most.

Ask.

Research shows people who have thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest that acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Be there.

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.

Help them to stay connected.

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

FITNESS HACK

DO YOU WANT
TO WORKOUT
AT HOME?

DO YOU KNOW
WHAT TO DO?

LET'S GO
WORKOUT
TOGETHER
AND DAILY.

FitPlus would like to introduce Fitness Hack Fridays!

Weekly video series will release.

FitPlus team will bring you spicy and mild workouts with tips to help you get creative with your fitness and health!

Exercise videos will launch every Friday morning on the FitPlus iLearn page.



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MOTIVATION

When I always fall back, I ask myself three questions; why did I start, What's my purpose, and where do I want to be! These questions always help me to pick myself up and keep going.

Learning something new is always challenging, but when you have a purpose and goal, it will be easier.

Trust the process even if it takes longer. Remember, great things take time to achieve. Enjoy the journey and have fun.

HEALTHY SNACK LIST

CREAMY OPTIONS:

- Smoothies
- Yogurt
- Avocados
- Rice or chia seed pudding
- Baba ghanoush
- Puréed soups
- Puddings made with silken tofu, pumpkin, avocado, or mashed banana
- Mashed sweet potatoes
- A handful of nuts.
- Coconut milk base icecream

CRUNCHY OPTIONS:

- Apples
- Frozen grapes
- Rice cakes
- Plain popcorn – use coconut for popping kernels in a pot with a tight lid on the stove
- Crunchy crudités and dip (hummus, guacamole, vinaigrette, favorite dressing)
- Celery or carrots with peanut or almond butter (use non-hydrogenated peanut butter)
- Hummus with whole-grain toast or rice crackers.
- A handful of nuts

WELLNESS

HEALTHY HABITS AND DISCIPLINE
SUM IMPACT POSITIVELY OUR
WELL-BEING

Drink 3-32oz of water.

Water is essential to one's health
Our body is made of 80% water.

Get 8 hours of sleep.

Sleep is essential for the brain and overall
mental/physical health.

Meditate for 5 minutes.

This will open your mind, body, and soul to
prepare you for the day ahead.

Take a nature walk.

This is good to de-stress your day and think
of the positives for the day.

Journal.

Journaling is excellent for writing
affirmations, goals and to keep you on track
for what's to come.

MEET OUR STAFF

Hanbae K

Hanbae was born and raised in South Korea. He moved to San Francisco seven years ago. Hanbae is working on his Kinesiology Major at SFSU. He loves Olympic weightlifting, Powerlifting, and CrossFit. Moreover, he is a teacher certificate for all of them. Amazing right? So we are excited to invite you to his Tuesdays, Wednesdays, and Thursdays Body Fit class. But if you want to start from scratch, he also offers Fitness 101 classes on the same days at different times. We bet you will enjoy both classes.



Veronica Canario

Veronica was born and raised in Venezuela. She moved to the Bay Area five years ago. She speaks Spanish and English fluently. Her career journey started at Skyline College and then transferred to San Francisco State University; she is seeking her B. A. Kinesiology concentrates in Exercise and Movement Science. Veronica joined the FitPlus staff looking for work experience, training, teaching, and management skills. She loves outside sports, going to the beach, and food. We encourage you to meet her at Monday's Stretch & Flow class and Friday's Boxing & Strength class. She will make you feel confident with her warm personality.



ANNOUNCEMENTS

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

NEW FIT PLUS TEAM
MEMBERS!
NEW CLASSES!
NEW MONTHLY
NEWSLETTER!
NEW CHALLENGES!

[SEE ILEARN PAGE FOR MORE INFORMATION.]



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