

# THRIVE & STRIVE

FACULTY & STAFF WELLNESS/FITNESS PROGRAM

## Note From The Fit Plus Team:

### FIT PLUS

PAGE 1

### SEPTEMBER

PAGE 2

### FITNESS HACK

PAGE 3

### MOTIVATION

PAGE 4

### SNACK LIST

PAGE 5

### WELLNESS

PAGE 6

### STAFF

PAGE 7

### ANNOUNCEMENTS

PAGE 8

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!



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

Hambae was born and raised in South Korea. He moved to San Francisco seven years ago. Hambae 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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