

VOL. 1 ISSUE 3 • APRIL 2021

THRIVE AND STRIVE

Official Newsletter of Fit Plus

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 our health and wellness goals!

With appreciation,

Fit Plus

For more Information on Fit Plus,
contact Director Penacerrada
[@jpen.sfsu.edu](mailto:jpen.sfsu.edu)



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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!

LINKS TO CLASSES
& DESCRIPTIONS
ARE LISTED ON
FIT PLUS iLEARN

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!

LIVE CLASSES SPRING 2021



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!



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!

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!



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!

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!



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!

STRENGTH TRAINING

(TUESDAY & THURSDAY 12:10pm-1pm)

Join this 50-minute class to strengthen each part of the body including stability, core, and more!

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!

STRESS AWARENESS MONTH



COPING WITH STRESS DURING THE PANDEMIC



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!

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!

Focus on Your Strengths



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!

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.

Make time for Exercise



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

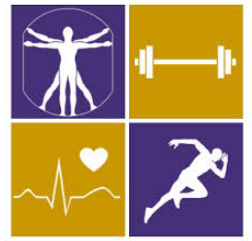
with **FIT PLUS**
Thursday, 4/22/21



Save the Date!

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

Fit Plus - Spring 2021



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



MORNING FLOW

with Franco

TUESDAY & THURSDAYS 8:30–8:55am

Starting 04/06/2021

For more information, contact fsantos3@mail.sfsu.edu

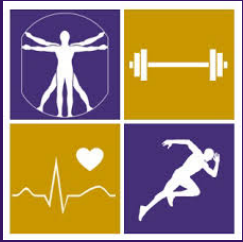
Start your day off with this 20-25 minute full-body, low intensity, dynamic stretching & relaxation breathing class for a great and easy way to get yourself moving in the morning!



DID YOU KNOW WE'RE ON SOCIAL MEDIA?



[@sfsufitplus]



*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*

