VIRTUAL FITWELL WORKSHOPS MENU
for UCLA student, staff or faculty groups during campus closure:

Our FITWELL team is here to serve the community through our classes and workshops during the campus closure. Our free virtual fitness classes are available to any UCLA student, staff or faculty members by registering at www.recreation.ucla.edu. Additionally, we can also schedule a virtual FITWELL workshop of your choice privately for your team or group via Zoom.

If interested, please contact us if you would like to schedule a FITWELL workshop for your staff team or student group. Below is a list of our offerings. We are also open to customizing a workshop with you if you have an idea not listed below.

Please fill out a FITWELL workshop request at: Fitwell Virtual Workshop Request Form

OFFERINGS:

FITWELL LECTURES:

Programs Overview Presentation: We will walk your team through what we are currently offering and answer any questions someone might have about those offerings.

Healthy Habits While Working from Home: Overview of effective strategies for working from home and ideas for practical application.

Stress Management Tools and Techniques: Overview of different stress relieving tools and interactive demonstration (choose from several different activities we can facilitate within the workshop below under “Stress Relief Workshops”)

Teaching Kitchen Workshops: More Teaching Kitchen information can be found HERE. Please specify on your workshop request what your group would like to learn (i.e. knife skills, healthy breakfasts, cooking with limited ingredients, etc)

FITWELL FITBREAK & FULL WORKOUTS:

FITBREAK for your team: 15 minute movement break with your team or group to help you re-energize. Perfect for the middle of a Zoom meeting or long period of sitting. Fitbreaks are intended to help break up your workday and keep you moving from your office or home.

• FUNCTIONAL FITNESS MOVEMENTS
• DANCE PARTY BREAK
• TOTAL BODY STRETCH

FULL WORKOUTS (40-60 min) for your group: If you would like a full hour workout class of your choice for your group, we can also schedule that privately with you. Our offerings include:

• Dance-Fitness/Zumba/PlyoJam/UJam
Yoga/Chair Yoga/Gentle Yoga/Meditation
Total Body Workout/High Intensity Interval Training
Strength Training/Weight Lifting
Pilates/Gyrokenesis/Alexander Technique
or anything else you see on the Virtual Fitness Schedule:
www.recreation.ucla.edu/groupx

FIT TO Series

These workshops focus on resolving particular stressors that affect many types of jobs including sitting or standing for long periods of time, lifting, bending or other repetitive workplace actions.

- **FIT to Sit**: This workshop teaches proper sitting posture and provides an exercise regimen to get those who sit for long periods of time better fitness.
- **FIT to Work**: This workshop is tailored to specific job duties within a department or group (lifting, twisting, stuffing, standing, bending, etc.)
- **Other FIT TO Workshops**: Core Fit, Healthy Back, Fitness Basics, Cardio Fit, Muscle Fit, Stretch It, Mindful Sensory Walks and Guided Meditation

FITWELL STRESS RELIEF WORKSHOPS:

- **Meditation**: Learn the basics on how to meditate. Benefits include an increase in self-awareness and calming of the nervous system. Meditation is all about learning to observe your thoughts and feelings without judgment and to be fully present by focusing on the breath. Learn simple tools to help you start your daily practice.
- **Laughter Yoga**: Laughter proves to lower your blood pressure and release endorphins (hormone that makes you feel happy)! Enjoy this laughter break with co-workers to help revitalize your spirits during your work day. The facilitator will lead you through some voluntary laughter followed by breathing exercises to help you rest between all the giggling. Laughter yoga is a great way to work your abdominals in a fun, uplifting way!
- **Yoga**: Learn various ancient poses and postures that can revitalize your energy, strengthen your body and create stronger connections between the mind and body. Great way to re-energize and re-focus during the work day.
- **Self Massage Techniques**: Learn the trigger points in your hands and feet that you can massage yourself with a few simple tips and tools.
- **Stretches at your Desk**: Learn important stretches for your body to combat the effects of sitting or standing for long periods of time.
- **Breathwork**: Learn various breathwork techniques that can help you achieve heart-brain harmony, calm the nervous system and re-center oneself.
- **Alexander Technique for Optimal Posture**: Learn the keys to sitting and standing well at work and keeping your back healthy and injury free. Becoming
mindful of habits that are causing pain, learning to let those habits go and
establish new pathways of movement and posture in the body. Our Alexander
Technique instructors will help you move with ease and learn helpful tools like
“active rest.”

FITWELL Nutrition Workshops and Teaching Kitchen WORKSHOPS:

NUTRITION:
- Healthy Eating Habits at Home
- Nutrition Basics
- Cooking on a Budget
- Sustainable Eating
- Diabetes Prevention
- Mindful and Intuitive Eating

TEACHING KITCHEN:
- Healthy & Fun Recipes for the Family
- Basic Skills for a Healthy Breakfast
- Baking 101
- Knife Skills and Basic Skills
- Easy Weeknight Meals
- Date Night Dinners
- Snack Time: Easy Healthy Treats
- Italian Classics
- French Cuisine
- Asian Fusion

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