



## GUIDE

The Bruin Health Improvement Program (BHIP) .5 is a three-month physical and mindfulness *weight loss* program designed to increase the fitness and thereby the health of the UCLA Employee. BHIP .5 is a customized program for those not ready for BHIP, 50 or more pounds overweight, and/or severely sedentary. It is funded by UCLA and is a tremendous investment in UCLA's most precious resource: the staff and faculty.

### The BHIP.5 Participant

- Wants to *lose weight*.
- Wants to become much more physically active.
- Wants to make significant dietary changes.
- Is ready to start doing things differently.

### Program Dates & Times

Physical activity sessions will be held 3 days a week on Tuesdays, Thursdays, and Fridays. Nutrition sessions will meet on Mondays and Fridays for the first two weeks. Nutrition will only meet on Mondays for weeks 3-12. You will be required to complete weekly food logs and attend three 30 minute individual consultations with a dietician.

### Location of Classes

Classes will either meet in the John Wooden Center or on the track. Exact locations for each session will be emailed to you weekly and can also be found on the Facebook page, the BHIP web page at [www.recreation.ucla.edu/bhip](http://www.recreation.ucla.edu/bhip), or by calling the FITWELL Services Desk at 310.206.6130.

### Building Access and Showers

Access to the John Wooden Center will be added to your BruinCard. Please bring your BruinCard with you each day. You will be allowed to access the building up to 30 minutes prior to class, and you may stay up to 1 hour after class to shower, etc. Locker rooms are located at the back of the building. There are day lockers available for \$1 to store belongings, but there is no long-term storage available. BHIP.5 is not responsible for loss, theft or damage to personal property.

### Facebook Page & Website

To promote communication, build camaraderie, and provide information, please join us on Facebook at [facebook.com/bhipucla](https://facebook.com/bhipucla), and check in frequently. You do not need a Facebook account to view this page. The website is [www.recreation.ucla.edu/bhip](http://www.recreation.ucla.edu/bhip).

### BHIP Staff

The BHIP FITWELL Staff is comprised of many talented, certified, and dedicated fitness professionals who are eager to work with you!

### Preparing for BHIP.5

All you need to do is search your closet for some old comfortable workout clothes and athletic shoes. Nothing special required.

# PROGRAM COMPONENTS

## PROGRAM COMPONENT #1 P h y s i c a l Fitness

This is a comprehensive strength and conditioning program designed for **weight loss**.

Sessions will include functional movements such as squatting, pushing, pressing, stairclimbing, bending, throwing, pulling, and walking. If you have a current orthopedic injury or condition that may preclude you from performing any of the aforementioned movements, BHIP is not be the best choice for you at this time. Instead, you may want to consider one of our many other less impactful physical activity programs offered within the FITWELL Program.

### Workout Structure

Each day, we will begin with the introduction of a skill. We will practice that skill, review the previous day's skill, and then engage in the workout of the day.

### Scaling

Every workout will be scalable, meaning it can be adjusted to most fitness levels but cannot accommodate existing physical limitations, conditions, and injuries.

### Building The Foundation

We'll focus on foundational/functional movements to provide a core strength and conditioning program. Core, here, has two meanings: 1) The fitness we will help you develop is foundational to the rest of life and all other athletic endeavors. 2) This fitness will also develop your human skeletal center/axis of movement. Functional refers to developing the human movements that are natural, essential to living, rehabilitative, and safe.

### Technique First, Then Intensity

We will focus on posture and body awareness to create a solid neutral position from which to strengthen. We will train our bodies to increase our cardiovascular fitness and improve our stamina, strength, and mobility.

### Always Performance Based

Workouts are qualitative and quantitative—measurable. Focus on your performance.

### Recovery

Workouts will be planned to allow for adequate recovery and safety. Every person, however, is different. You are your own best guide. Communicate with your coaches if you are experiencing extreme soreness or pain.

### Pain vs. Discomfort

Pain in a joint during or immediately after a movement is not normal. Stop the movement and communicate with your coach right away. Your coach may be able to correct your form and eliminate the pain on the spot. Discomfort, on the other hand, is normal. Discomfort could be described as tiredness or as the soreness experienced a day or two after the workout.

## PROGRAM COMPONENT #2 Nutritional Fitness & Fueling Your Body

The nutrition education provided will teach you to fuel your body for life and provide you the best strategy for sustained weight loss. You will not be provided with a diet to blindly follow for a designated period of time.

You will be taught how to fuel your body. All the critical concepts of:

1) nutrients, 2) calories, 3) meal planning, 4) shopping, 5) cooking, 6) vitamins and minerals, 7) mindfulness, 8) food, culture and emotions, 9) stress and sleep, 10) and much more will be covered by a qualified professional.

Group sessions will be held once per week. Every person will also have the opportunity to meet one on one with the dietitian up to 2 times, depending on need and scheduling.

## PROGRAM COMPONENT #3 Mental Fitness: Your Mind Gym

Take advantage of your campus resources to make health improvements that last.

- *Mind Gym: An Athlete's Guide to Inner Excellence* by Gary Mack is the suggested reading for this program. It is completely voluntary, not mandatory
- **UCLA's Staff and Faculty Counseling Center (SFCC)**  
<https://www.chr.ucla.edu/employee-counseling>

## BHIP-NESS: CREATING OUR CULTURE

1. Show up to class on time. Come early and warm up slowly if you'd like.
2. Be prepared.
  - Be hydrated when you go to bed the night before. Drink regularly. Bring water with you to class.
  - Be fueled.
  - Wear appropriate clothing and shoes.
  - Show up ready to work hard. Do your best. You will never regret working hard and doing your best.
3. Do your best to maintain a positive attitude and support your fellow BHIPers.
4. Consider bringing a notebook to class. Use it to record your workout outcomes, and take notes on concepts that speak to you.

## Items of Understanding

### 1. Nature of Program

This is a voluntary program. It will be challenging. Your participation is your choice.

### 2. Privacy

All personal information provided and obtained within the BHIP will remain confidential. The scores and test results will be aggregated for comparison but anonymity will be maintained. Your individual participation and performance will not be shared with anyone without your consent. Pictures/videos will be taken. You can opt out of these at any time by letting the photographer or coach know that you do not wish to be photographed. A Facebook page will be maintained by UCLA FITWELL to post workouts, provide information and resources, and to promote community and support. Your participation is encouraged but voluntary.

### 3. Tardiness

Coming late to class is not good for anyone. You may, however, still be admitted up to 10 minutes in to the class if it is still safe for you to join. See your coach for instructions upon your arrival. If you are going to be more than 10 minutes late, please do not come to class. Decide to work out on your own, or come to a later class that day. Any missed class, however, will count as an absence.

### 4. Absences

Three absences will be allowed. The missed classes cannot be more than two consecutive classes. If you miss more than 3 classes in total, you will be dropped from the program but be eligible to participate in a future BHIP .5.

### 5. Program Assessments

There will be two major assessment periods falling at the beginning and the end of the program with shorter follow up assessments/questionnaires after the completion of the BHIP OnRamp.

- a. **Online Pre-assessment** You will be emailed a questionnaire prior to the start of the program.
  - This must be completed the Sunday before class starts.
- b. **Physical Assessments** These will include waist and hip circumference, weight, and several physical fitness performance tests. We will do the assessments in class. You must be present for these assessments.
  - Pre Assessment Dates: Monday and Tuesday of week 12.
- c. Post Assessment Dates: Monday and Tuesday of week 1
- d. **Online Post-Assessment** To graduate and complete the program, you must complete the post-assessment at the end of the program. This must be completed by Wednesday of Week 12.
- e. **Follow-up Assessments** You will be emailed questionnaires periodically after the program completion. It is very helpful to us and for the success of the program if you continue to complete these questionnaires. We appreciate your time.

### 6. Research Participation Opportunity

You will have an opportunity to participate in the research of several UCLA Faculty. The time commitment is minimal but your participation is extremely valuable to the overall mission of the university. You will be emailed with the invitation to participate. Your participation is completely voluntary.

### 7. BHIP.5 Completion

To graduate and receive your graduation certificate, BHIP .5 T-shirt, and eligibility to participate in the BHIP OnRamp program, you must complete the pre and post online questionnaires, be present for all physical assessments, and have no more than 3 total absences.

### 8. BHIP OnGoing Program

Upon successful graduation of both BHIP.5 and BHIP OnRamp, you will have the opportunity to participate in the OnGoing program. BHIP OnGoing is offered 7 times per day, M–F. It will be \$30/month for Recreation members or \$50/month for faculty/staff without Recreation membership.

### 9. Participation Restrictions

BHIP graduates are allowed to apply to participate in another BHIP rotation. If selected again via lottery drawing, the repeat fee is \$150.