

FITWELL PROGRAMS FOR UCLA STAFF AND FACULTY

Visit fitwell.recreation.ucla.edu to learn more!

FREE PROGRAMS AND CLASSES

BRUIN HEALTH IMPROVEMENT PROGRAM (BHIP)

Visit website to apply.

BHIP.5: is a 12 week fitness program for major weight loss focusing on low-impact functional training and nutrition to jump-start a healthy lifestyle.

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BHIP ON-GOING*: Continuation program for graduates of BHIP.

*See website for membership fee.

BRUIN MINDFIT

Bruin Mindfit is a virtual mindful movement and meditation program that teaches tools and techniques for stress reduction, resilience, and compassionate communication including basic yoga movement, meditation, breathing, relaxation, and everyday solutions. Apply online.

UCLA DIABETES PREVENTION PROGRAM

This CDC approved curriculum on diabetes prevention includes basic information on nutrition, ways to increase physical activity, stress management techniques, and ideas to stay motivated. Apply online.

BRUIN P.A.W.S.

Bruin Productive Active Working System is a webpage full of resources to support you in staying active and healthy throughout your work week. Follow the step-by-step instructions to build a systematized approach to your work-week wellness by scheduling blocks of short movement, mindset or fueling breaks throughout your day. A balance of work and movement breaks will help you de-stress, re-energize and lead to greater overall centeredness, focus and productivity.

FITZONES

Free weekly drop-in style group exercise classes offered at various campus locations as well as virtually on Zoom and social media. Classes include Yoga, Dance Cardio, Pilates, Tai Chi and more! Register for the FitZones Pass at fitwell.recreation.ucla.edu/programs/fitzones.

MOVEMAIL

Subscribe to our daily emails sent at 10am and 2pm to provide you with instructional videos, movement breaks, nutrition guidance, and overall wellness tips to keep you a strong and healthy Bruin!

RECREATION MEMBERSHIPS

Become a Rec member to access our fitness and recreation facilities including gyms, track, courts, pools and locker rooms. Your Rec membership will also make you eligible to purchase additional programs and classes such as GroupX, BStrong, Martial Arts, Dance, Pilates Reformer, Aquatics, Personal Training, Nutrition consultations, and more! Visit recreation.ucla.edu/join.

Any Questions? Contact us at: fitwell@recreation.ucla.edu

fitwell.recreation.ucla.edu / 310.206.8307 / fitwell@recreation.ucla.edu

SPECIAL REQUEST FOR YOUR TEAM

FITWELL EDUCATION WORKSHOPS

FITWELL Education workshops are offered on a variety of health and wellness topics and are available upon request for your department. Great as training & development for staff, learn-at-lunch seminars or just as a fun way to bring wellness opportunities to your team. These are available virtually on Zoom or IN PERSON.

Check out our full menu of workshop options and fill out a request form online by going to fitwell.recreation.ucla.edu/programs and clicking on the Fitwell Workshops button. Find the request form there.

Cost: First program free per fiscal year. Costs vary for additional workshops.

TEACHING KITCHEN & NUTRITION

An educational, interactive space that provides free workshops and programs related to practical cooking knowledge and skills and nutrition education. Programs range from single session workshops to themed courses. Find a library of recipes and video recordings on the Teaching Kitchen webpage.

FIT BREAKS

Instructor led 10-15 minute movement and stretch breaks commonly requested for staff meetings and conferences that will help your team reduce stress, energize mentally and physically, increase range of motion, and boost morale. Movements and stretches are selected and modifications are provided. Request a Fit Break for your team by filling out the Fit Break request form at fitwell.recreation.ucla.edu/programs or emailing us. First request free per fiscal year. Fee by recharge for additional requests.

WARM UP TO WORK

A certified FITWELL trainer will lead you and your co-workers through a 15 minute full body dynamic warm up to get you ready for your work day. Commonly requested by Facility Management, Housekeeping, Dining, Housing & Hospitality teams to prepare everyone for the day's activities and lessen the likelihood of injury. Ask your supervisor if there is a WU2W for your work team or email us to coordinate one for your team. *Costs vary.

CHAIR MASSAGE

Schedule a special massage program for your staff! We will send a massage therapist up to the location of your choice at a minimum of 1.5 hours. To make a request email fitwell@recreation.ucla.edu or fill out a workshop request form mentioned above. Current pricing listed on request form.

