

FITWELL PROGRAMS FOR UCLA STAFF AND FACULTY

Visit [FITWELL.RECREATION.UCLA.EDU/PROGRAMS](https://fitwell.recreation.ucla.edu/programs) 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

A yearlong CDC recognized lifestyle change program that includes education 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 complimentary resources to support you in staying active and healthy throughout your week. Follow the step-by-step instructions to build a systematic approach to your work-week wellness by scheduling short movement, mindset, or fueling breaks throughout your day.



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.

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 online.



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!



SPECIAL EVENTS

Health and wellness special events, such as campus walks, physical activity challenges, health education workshops, stress reduction events, and more. Offerings vary per quarter.



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 website.



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.



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

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