

FITWELL WORKSHOPS MENU

For UCLA Students, Staff, and Faculty Groups

FITWELL is here to serve the campus community with Fit Breaks and workshops to keep you motivated and moving through your work week.



Fill out a program request form and schedule a consultation [HERE](#)



FITWELL.RECREATION.UCLA.EDU / 310.825.3701 / INFO@RECREATION.UCLA.EDU

FIT BREAK OPTIONS

Re-Energize your team with a FIT BREAK during their work day! Perfect for breaking up long meetings on Zoom, boosting team comraderie and connection and helping everyone stay motivated to move. A Fit Break can be as short as 5 minutes or as long as 60 minutes.

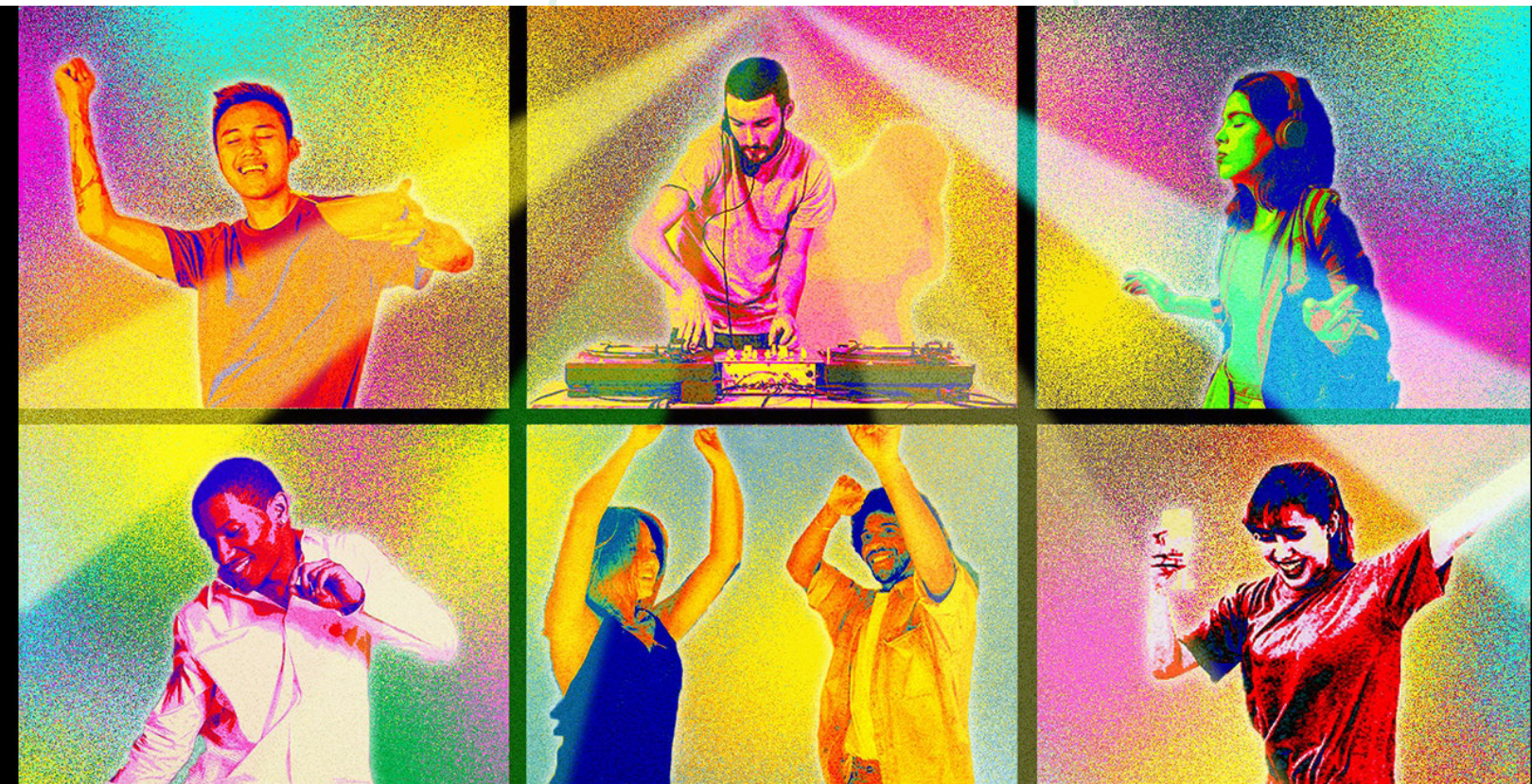
Choose one or combine a variety of options for your Fit Break (all options suited for moving in an office/at your desk):

- Total Body Stretch
- Dance Party Break, Zumba, Hip Hop, or other dance style
- Fitness Workout (Squats, Lunges, Push-ups, etc)
- Strength & Resistance Training
- Pilates, Gyrokinesis, Alexander Technique
- Yoga, Chair Yoga, or Gentle Yoga
- Meditation and/or Mindfulness



DIGITAL DANCE PARTY!

Uplift your team with a fun, energizing digital dance party. Our FITWELL team member will be the DJ and also teach group dance routines like the Wobble, Electric Slide, Cupid Shuffle, etc and facilitate group freestyle dance with games like Freeze Dance. Get moving to music you love, let loose and get your groove on! This workshop can be 15 minutes, 30 minutes, 45 minutes or 1 full hour.



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.)

Fit to Lift

This strength training workshop will focus on form and technique for fundamental functional fitness movements such as squats, lunges, overhead press, back rows, etc. Reviews strength training principles and best practices.



FITWELL STRESS RELIEF

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 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.

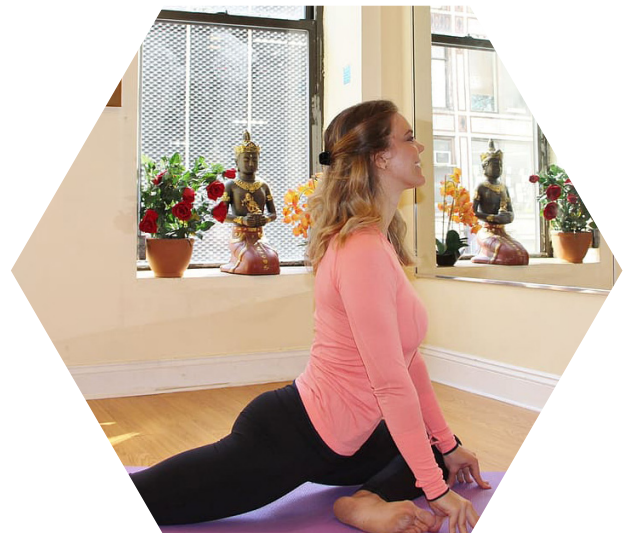


Yoga

Learn the fundamental poses of yoga and experience Vinyasa flow to combat the physical stresses of working, studying and sitting.

Breath Work

Learn various breath work techniques that can help you achieve heart-brain harmony, calm the nervous system and re-center oneself.



FITWELL SELF MASSAGE

Self Massage Techniques

Learn the trigger points in your hands, feet, face and body that you can massage yourself with a few simple tips and tools. Implements principles of Qi-ssage and myofascial release. Receive pdf handouts of these exercises to keep at your desk for reference.



FITWELL BACK HEALTH & OPTIMAL POSTURE

Alexander Technique

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."

Gyrokinesis

This workshop is practiced on a mat and chair without equipment. Gyro is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences.

Chair Yoga

This workshop modifies foundational yoga poses to be performed with a chair and while sitting in a chair. Learn important stretches for your body to combat the effects of sitting or standing for long periods of time. Increases range of motion, helps you release stress and deepen into relaxation.



FITWELL MINDFULNESS

Mindfulness and Stress Reduction

Learn to manage stress and restlessness. Learn the top 5 tools & techniques of mindfulness to prevent stress & relax in the times of challenges & uncertainty. Learn how to pause, pay attention, breath & relax.



Mindfulness and Resilience

Learn to manage overwhelming and heavy emotions. This workshop focuses on tools & techniques for becoming resilient in the times of challenges & uncertainty. Learn how to pause, breathe, and adapt your response with mindfulness.



Mindfulness and Compassion

Learn to build peace & connection in all aspects of your life. This workshop focuses on cultivating compassion towards self and others. Apply the compassion strategies such as mindful communication, authentic leadership and social justice.



Mindfulness and Communication

Enhance communication skills and learn to resolve conflicts mindfully. Learn critical tools & techniques of mindful communication & authentic leadership to listen, understand & connect with a win-win outcome.

FITWELL TEACHING KITCHEN & NUTRITION

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
- HOST A HAPPY HOUR WITH YOUR TEAM!

Nutrition

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



BRUIN P.A.W.S.

Bruin Productive Active Working System

Activate your co-workers, office, or department with this comprehensive workshop that thoroughly explains the Bruin P.A.W.S. system. Change the way you work - increase physical activity, increase productivity, and decrease stress! We'll walk you through step-by-step to get you started and teach you the exercises, stretches, self-myofascial release, and yoga/destressing activities to set up your team for productive, active workplace success!



Visit recreation.ucla.edu/paws for more information.



Customize your own workshop and consult with a FITWELL representative to schedule a consultation. Please email fitwell@recreation.ucla.edu or reach out to Mandy Muenzer directly at amuenzer@recreation.ucla.edu.

FILL OUT YOUR REQUEST FORM

Please fill out a FITWELL Workshop Request by clicking the button:

[REQUEST HERE](#)

