

# NOVEMBER 2017

## GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CATHERINE DODD WELLNESS CENTER</b> 1145 Market St., 1 <sup>st</sup> Floor	<b>12:10 – 12:55pm</b> YOGA (Limit 30)  <b>1:10 – 1:55pm</b> TOTAL BODY TONING	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING (Limit 20)	<b>12:10 – 12:55pm</b> ZUMBA®  <b>1:10 – 1:55pm</b> FELDENKRAIS  <b>5:15 – 6:00pm</b> INTERVAL TRAINING	<b>12:10 – 12:55pm</b> LATIN DANCE: BACHATA  <b>1:10 – 1:55pm</b> TOTAL BODY TONING  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> TAICHI
<b>CITY HALL</b> South Light Court	<b>12:10 – 12:55pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA	<b>12:10 – 12:55pm</b> TAI CHI	<b>12:10 – 12:55pm</b> YOGA	<b>12:10 – 12:55pm</b> ZUMBA®

CHECK ONLINE FOR ADDITIONAL CLASSES, UPDATES, AND CANCELLATIONS: <http://sfhss.org/well-being/exerciseclasses.html>

## CLASS UPDATES

Wellness Center Zumba on Wednesdays no longer requires registration.

NOVEMBER HOLIDAYS: All Classes Cancelled

- Friday, November 10
- Thursday, November 23
- Friday, November 24

Other Cancellations

- Wednesday, November 22<sup>nd</sup> Interval Training at the Wellness Center
- Wednesday, November 1<sup>st</sup> Tai Chi at City Hall

## OPEN USE HOURS

The Wellness Center is available for Open Use M-F 11-12 and 1-2. To use the space during another time, please call 415-554-0643.

## GROUP EXERCISE POLICY

- Classes are for CCSF employees and HSS members.
- Classes are for adults 18 years and older.
- Comfortable and supportive shoes must be worn at all times for classes with the exception of Yoga.
- Sign in at the check-in computer upon your arrival (HSS Wellness Center only).
- Please bring a water bottle.
- Participants are encouraged to bring a small hand towel.
- Please wipe down equipment when class is over (HSS Wellness Center and yoga mats at City Hall).
- Class sizes may be limited.
- Please minimize disruptions to classes by trying to be on time and staying until the end.

**QUESTIONS? Call 415-554-0643 or email [wellness@sfgov.org](mailto:wellness@sfgov.org)**

*Participation in activities at the HSS Wellness Center is strictly voluntary. Before embarking on any physical activity program, you should consult your personal health care provider. Participating in physical activity may involve certain risks and you assume all associated risks. Any injuries suffered in conjunction with participation shall not be subject to reimbursement under any workers' compensation law or any other applicable law.*

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## WELL-BEING EVENTS



Holiday weight gain can have long-term health impacts. Although many only gain 1-2 pounds during the holiday season, this weight gain often remains which leads to lifetime weight gain.

### LAUNCH PARTY

**Friday, November 3 || 10:00am-2:00pm**

- Meet the Wellness Coach and sign up for appointments
- Use the body mass index machine for a private weigh-in for the challenge
- Pick up your Maintain, Don't Gain calendar and other resources
- Develop your goals using our commitment cards
- Stock up on Healthy & Happy Holiday greeting cards to share with your co-workers

**No RSVP Required**

### REGISTER FOR WEEKLY TIPS

Preventing holiday weight gain is possible! With Maintain, Don't Gain, not only will you start the New Year on a lighter foot, you'll also have established healthy habits for 8 weeks in the face of a variety of temptations. Register today and receive weekly emails in November and December: Go to <https://www.surveymonkey.com/r/MDG2017WC>.

### WORK WITH A COACH

**Schedule an appointment today!**  
**Wednesdays 10:00am-12:00pm**

This holiday season, meet with a Coach to help you establish healthy habits that meet your needs and lifestyle. Make an appointment to work with a Coach so you can avoid holiday temptations, manage your weight, quit smoking, eat healthier, exercise more, or reduce your stress.

Appointments are 20-minutes.

TO SCHEDULE: Email [wellness@sfgov.org](mailto:wellness@sfgov.org)

### WEIGH IN

Stop by the Wellness Center (Monday-Friday 8am-4pm) and use the Body Mass Index (BMI) machine to track your weight and body fat.

### NEW! PING PONG TABLE

Come use our newly added ping pong table during open use hours.



### HOLIDAY STRESS SEMINAR

**Thursday, November 16 || 12:10-12:55**

Uncontrolled stress can impact health, happiness and job performance. Stay up-beat during the holidays by joining us for a holiday stress seminar that will teach you to identify the sources of your stress and skills to help manage and reduce stress levels. During this 45 minute seminar learn how to keep your stress in check with tips and tools to use during the busy holiday season.

### BLOOD PRESSURE MACHINE

According to the American Heart Association, nearly 1 out of every 6 people with high blood pressure don't even know they have it. The best way to protect yourself is to learn where you stand by measuring your blood pressure. You can take yours at the Wellness Center using our blood pressure machine during open use hours.

### EMPLOYEE ASSISTANCE PROGRAM

Employee Assistance Counselors are available at the Wellness Center by appointment. Services are free, voluntary, and confidential. Call 415-554-0610 or 800-795-2351.

**WE'RE HERE** *For You*