

# NOVEMBER 2018

## 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 <i>(Limit 30)</i>  <b>1:10 – 1:55pm</b> TOTAL BODY TONING	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING <i>(Limit 20)</i>  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> ZUMBA® <i>(Limit 35)</i>  <b>1:10 – 1:55pm</b> FELDENKRAIS  <b>5:15 – 6:00pm</b> YOGALATES	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING <i>(Limit 20)</i>  <b>1:10 – 1:55pm</b> PILATES  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA <i>(Limit 30)</i>
<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/exercise/classes.html>

## WELL-BEING EVENTS

LOCATION: 1145 Market Street, Suite 100  
 Unless indicated otherwise.

### COME PLAY TABLE TENNIS

Tuesdays, November 13 to December 11  
 12:00 – 1:00pm

On your lunch break, bring a colleague and come play table tennis in the Wellness Center conference room on Tuesdays. It is a great opportunity to practice for the upcoming Table Tennis Tournament on December 11.

**Table Tennis Tournament – December 11, 12:00-1:00pm**  
 Email [wellness@sfgov.org](mailto:wellness@sfgov.org) to sign up.

### CLASS CANCELLATIONS

- 11/12, 11/22, & 11/23 – All Classes (HOLIDAY)

#### Wellness Center

- 11/13 – Total Body Conditioning
- 11/14 – Feldenkrais

#### City Hall

- 11/2 & 11/5 – Zumba
- 11/6 – Yoga
- 11/14 – Tai Chi
- 11/15 – Yoga

**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, I should consult my personal health care provider. Participating in physical activity may involve certain risks and I 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.*

# NOVEMBER 2018

## WELL-BEING EVENTS

### Maintain. Don't Gain



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. The good news is holiday weight gain is preventable.

### LAUNCH PARTY

**Tuesday, November 13 | 12:00 - 2:00pm**

- Pick up a Workplace Holiday Survival Scorecard to earn prizes
- Register for the Maintain, Don't Gain Challenge
- Weigh in on the body mass index machine or the wheelchair accessible scale
- Schedule an appointment with the coach to develop a plan to help you maintain this season
- Play table tennis and sign up for the tournament
- Try out the Fit in Fitness workouts

**No RSVP Required**

### 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.

### CHAIR YOGA

**December 4 | 1:00 - 1:30pm**

Chair Yoga offers gentle stretching and strengthening, conscious breathing practices, relaxation techniques, and mindfulness practices. This class aims to bring benefits such as stress reduction, relief for common discomforts of neck and shoulder strain or back ache. This well-rounded practice increases general sense of well-being as well as resilience to face day to day challenges.

### OFFICE ERGONOMICS

**November 7 | 9:00 - 11:00am**  
**December too?**

When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries. HSS has partnered with the Department of Public Health to bring monthly Ergonomics Trainings for employees to the Wellness Center. Employees can attend this 2-hour class during the work day with supervisor approval.

**Registration Required:**

<https://2018ergotraining.eventbrite.com>

### WELLNESS COACHING

**November 16 & December 14**  
**9:00am - 3:00pm**

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. Free 20-minute appointments available with Health Coach, Jonlyn.

**Register today to reserve your spot! RSVP at**

[wellness@sfgov.org](mailto:wellness@sfgov.org)