



January 18 - May 11, 2022

WellCats is the FREE employee wellness program at Texas State University.

Join ANYTIME - WELLCATS is FREE!

How to Register: To become a member, Texas State employees must register online at <https://tim.txstate.edu/hhptotalwellness/>. Completed registration includes receiving a **reference number** after one completes the Activity Release of Liability and Informed Consent.

Note: Registration is ongoing. Once an employee has completed the registration process, they are considered a lifetime member until they either request to be removed, or they are no longer with Texas State University.

Registered WELLCATS Members:

- Are informed about events and a variety of wellness topics via newsletters, Teams posts, and our website <https://wellcats.txstate.edu/edresearch.html> .
- Can participate in all *WellCats* services. For services listed below denoted by ****sign-up**, contact Josh Arguelles at worklife@txstate.edu or via Teams at 512-408-1514 to sign up.

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Health Behavior Change Support

Health Behavior Change Coaching: If you struggle to prioritize healthy behaviors (especially eating healthfully and exercising consistently), then consider attending coaching sessions. You will meet 1-on-1 with a national board-certified health and wellness coach and health and fitness professional to learn how to become more motivated, manage time, develop good habits, and improve your confidence in living a healthy lifestyle.

*Members need to contact Josh Arguelles at worklife@txstate.edu to sign up.

1:1 Nutrition Consultations

Nutrition Consultations: During this 1:1 session, a trained nutrition graduate student will assess your current diet and help identify goals to improve your diet, overall health, and well-being. If you are responsible for feeding others in your household, you'll also receive ideas for enhancing their nutrition. Consultations will occur either in person or via Zoom.

Department Reservations are available – first come basis.

*For questions or reservations contact Joshua Arguelles at worklife@txstate.edu to sign up.

ProActive Nutrition Classes

PAN Classes: Our PAN cooking sessions focus on whole foods, healthful takes on popular dishes, and exploration of new ideas! Whether you're seasoned in the kitchen or brand new, we have something everyone will enjoy making together! Join in to learn about what makes these recipes so good for you. Ingredients and recipes will be provided to in-person attendees at each cooking class.

January Cooking Class	F	Jan	21	12-1PM
<i>Mindful Cooking</i>	T	Jan	25	6-7PM
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February Cooking Class	F	Feb	11	12-1PM
<i>Healthy Eating for Your Heart</i>	T	Feb	15	6-7PM
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March Cooking Class	F	Mar	11	12-1PM
<i>Spring Seasonal Foods</i>	T	Mar	22	6-7PM
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April Cooking Class	F	Apr	8	12-1PM
<i>Food for Stress Relief</i>	T	Apr	19	6-7PM
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Additionally, PAN sessions are available with advanced reservation by departments or offices that would like to utilize them as a team building alternative to regular staff meetings! For more information, email worklife@txstate.edu.

Crunched for time but still want to drop in? PAN classes are available via Zoom:
<https://txstate.zoom.us/j96934270755>

*To help facilitate successful classes, RSVPs must be received no later than the Thursday before the class at noon.

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Wellness Education Series

Wellness Education Series: These educational sessions are streamed live via Zoom and cover a wide range of wellness topics and are presented by staff and faculty with specific expertise.

Mindful Eating	Jan	27	12:00-1:00 PM
Healthy Lifestyles for Your Heart	Feb	3	12:00-1:00 PM
Organizing Your Nutrition	March	24	12:00-1:00 PM
Cozy Up to Stress	April	13	12:00-1:00 PM
Mental Health	May	6	9:00-10:00 AM

WellCats Group Training Schedule

WellCats group exercise classes are taught each week by highly skilled and enthusiastic instructors committed to providing safe and effective workouts. Our instructors will provide you with proper guidance so that coordination and experience are not necessary and will demonstrate modifications so that you can set your own intensity.

Additionally, some classes will be live streamed via Zoom for those unable to join in person.

Can't get away during the day? Check out the YouTube channel at <https://wellcats.txstate.edu/COVID-19-Resources.html>

Note: To join a Zoom class, your WellCats registration must be completed. Upon completion the Zoom password will be sent within the confirmation email.

*For more information on how to join the Group Training Classes, contact Josh Arguelles at worklife@txstate.edu.

Spring 2022: January 18 – May 11

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-12:45 PM	Zumba® Toning <i>Jowers Gym 219</i>	Kickbox Bootcamp <i>Jowers Gym 219</i>	Group Personal Training <i>Jowers Gym 219</i>	Step it Up! <i>Jowers Gym 219</i>	
	Strength, Stretch, No Sweat! <i>LBJ 3-7.1</i> <i>With Virtual Option via Zoom</i> <i>Meeting ID: 940 1150 6883</i>	WellCats Walk <i>Meet at JCK main entrance</i>	Yoga Flow <i>Jowers B105</i> <i>with Virtual Option via Zoom Meeting ID: 940 8720 2836</i>	WellCats Walk <i>Meet at LBJ main entrance</i>	
		Lifting 101 <i>Jowers Weight Room</i>			
12:15-12:45 PM	Rest, Relax, Restore (Round Rock) <i>via Zoom</i> <i>Meeting ID: 940 6179 5514</i>		WellCats Walk (Round Rock)	Circuit Training (Round Rock) <i>Via Zoom</i> <i>Meeting ID: 913 8134 3064</i>	WellCats Walk (Round Rock)
			Core Strengthening (Round Rock) <i>via Zoom</i> <i>Meeting ID: 919 2772 6869</i>		

All classes can be modified for any fitness level, however:

Blind Salamander classes are great jump-off points, friendly to those starting their fitness journey

Gold classes allow more opportunity for challenge

Maroon classes offer the most opportunity for complexity and intensity

WellCats Group Training Class Descriptions

Circuit Training incorporates elements of high intensity and functional training to strengthen the entire body. This workout is catered towards all levels of fitness.

Core Strengthening is designed to work large muscle groups and deep core muscles through body weight exercises.

Group Personal Training features all the core training areas but comes with a bonus – it feels like you are one-on-one with your trainer, each class will challenge the group in a new and innovative way.

Kickbox Bootcamp comes at you with martial arts-inspired strength, endurance, and interval drills designed to torch calories while boosting your overall fitness.

Lifting 101 is designed for you to learn the fundamentals of weight training & improve your muscular fitness.

Rest, Relax, and Restore is all about taking time out of your day to relax your body and rest your mind. Stretching combined with short rest periods will ensure you feel refreshed and ready to conquer your day.

Step It Up is one of the cornerstones of aerobic fitness and our modern version will keep your body stronger than ever with a perfect combination of cardiovascular and strength exercises.

Strength, Stretch, No Sweat is a low intensity class that requires no special attire. We can guarantee that you will leave the class feeling refreshed and ready to take on the rest of your day!

WellCats Walk is an instructor-led, self-paced walking program designed for all levels of fitness, from the sedentary to the very active.

Yoga Flow soothes the soul and relaxes the mind while moving your body as you follow your breath.

Zumba® is an aerobic dance fused with hypnotic Latin & International rhythms to help improve balance, coordination, agility, muscle tone, & keep the heart healthy. Ditch the workout and join the party!

Additional Information

For more information, including updated wellness offerings, visit <https://wellcats.txstate.edu/>

For questions, contact Josh Arguelles at worklife@txstate.edu

Wellness Time: With supervisor approval, employees are eligible for up to two and a half hours of paid release time per week to attend *WellCats* activities, including our Wellness Education Series coordinated through Organizational Development & Communications. See [UPPS 04.04.32](#)

Racquetball: Courts are available during the noon hour for use by *WellCats* members. No laundry service available, only complimentary towel service.

Campus Recreation

- Launched a new website on January 15
- **Please visit us at** <https://www.campusrecreation.txstate.edu/>
 - Checkout our collection of FREE on-demand virtual exercise videos
 - Stay tuned for the new Group Exercise schedule
- Purchase or renew your Recreation Center membership for the Spring semester
 - For a limited time, WellCats members are eligible for a membership discount
 - Add-on a Group Exercise pass, Intramural pass and/or Climbing Wall pass!

**WellCats* will be offering limited subsidies during the spring semester.

- Did you know Faculty and Staff can visit Shake Smart without a membership?
 - Offering freshly blended protein shakes, organic acai bowls, and cold brew coffee
 - Shake Smart is a fast and convenient way to fuel your lifestyle