



August 30 - December 10, 2021

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

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**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 finishes the following items: Activity Release of Liability, Personal Health & Wellness Appraisals 1, 2, and 3, (which are included as a link to Qualtrics within the registration process), and Informed Consent.

**Note: All RETURNING MEMBERS are required to *re-register annually* to maintain updated records and continue participating in the program. Registration for 2021-2022 begins Monday August 16, 2021. Upon completion, members will receive a confirmation email and be entered into the system.**

**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](mailto:worklife@txstate.edu) or Teams at 512-408-1514 to sign up.
- Can request feedback on personal health status based on your submitted Personal Health & Wellness Appraisals.

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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](mailto:worklife@txstate.edu) to sign up.

### 1:1 Nutrition Consultations

**Nutrition Consultations:** During this 1:1 session, a trained nutrition professional 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 via phone or Zoom.

\*Members need to contact Joshua Arguelles at [worklife@txstate.edu](mailto: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! Join in and learn each session about what makes these recipes so good for you. Recipes will be provided.

<b>September Cooking Class</b>	F	Sept	10	12-1PM
<i>Revive Your Meals</i>	F	Sept	24	12-1PM
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<b>October Cooking Class</b>	F	Oct	15	12-1PM
<i>Old Classics with a New Spin</i>	F	Oct	29	12-1PM
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<b>November Cooking Class</b>	F	Nov	5	12-1PM
<i>Comfortably Healthy</i>	F	Nov	19	12-1PM
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<b>December Cooking Class</b>	F	Dec	3	12-1PM
<i>Celebrate Culinary Cultures</i>	F	Dec	10	12-1PM
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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](mailto:worklife@txstate.edu).

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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.

<b>Reviving Your Wellness: Thriving Together and Finding Support.....</b>	Oct	4	2:30-3:30 PM
<b>Final Conversations: Helping the Living &amp; the Dying Talk to Each Other.....</b>	Oct	21	12:30-1:30 PM
<b>Rekindling Your Nutrition.....</b>	Nov	12	1:00-2:00 PM
<b>How to Set Gratitude Goals.....</b>	Dec	2	1:00-2:00 PM

## WellCats Group Training Schedule

**WellCats** group 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, all 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](mailto:worklife@txstate.edu).

### Fall 2021 August 30 – December 10

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-12:45 PM	<b>Zumba® Toning</b> <i>Jowers Gym 219</i>	<b>Kickbox Bootcamp</b> <i>Jowers Gym 219</i>	<b>Group Personal Training</b> <i>Jowers Gym 219</i>	<b>Step it Up!</b> <i>Jowers Gym 219</i>	
		<b>WellCats Walk</b> <i>Meet at JCK main entrance</i>	<b>Yoga Flow</b> <i>Jowers B105 with Virtual Option via Zoom Meeting ID: 978 6167 1173</i>	<b>WellCats Walk</b> <i>Meet at LBJ main entrance</i>	
	<b>Strength, Stretch, No Sweat!</b> <i>LBJ 3-7.1 With Virtual Option via Zoom Meeting ID: 999 6177 8770</i>				
12:15-12:45 PM	<b>Rest, Relax, Restore (RR)</b> <i>via Zoom Meeting ID: 970 0543 2561</i>		<b>WellCats Walk (RR)</b>		<b>WellCats Walk (RR)</b>
			<b>Core Strengthening</b> <i>via Zoom Meeting ID: 812 280 5846</i>		<b>Circuit Training (RR)</b> <i>Via Zoom Meeting ID: 985 7834 2978</i>
5:30-6:30PM		<b>Zumba®</b> <i>Virtual only via Zoom Meeting ID: 987 8808 0343</i>			

## 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.

**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](mailto: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:** Fitness & Wellness is providing [virtual opportunities](#) for example FREE on demand workouts you can access at any time. Stay updated on our virtual and in-person exercise classes by visiting the [Group Exercise Schedule Website](#). For all other info on all our services visit our [Campus Recreation Website](#).

\**WellCats* will be offering limited subsidies during the fall semester.

- To view our new hours of operation please visit:  
<https://www.campusrecreation.txstate.edu/hours/facility-hours.html>
- **Did you know Faculty and Staff can visit Shake Smart without a Student Recreation Center membership?**
- [Shake Smart](#) is your one-stop destination for healthy food and beverage options! Offering freshly blended protein shakes, organic acai bowls and cold brew coffee. Shake Smart is a fast and convenient way to [fuel your lifestyle](#). Made for on-the-go (please no eating inside SRC).