



# September Wellness Classes

## General Wellness 103 (GW103)

### By Popular Demand: Fitness Topic – How to Get Fit From Anywhere

Time always seems to run short, even for running to the gym! Find out how to get fit anywhere without the use of a Fitness Facility. Whether you walk, bike or run in your neighborhood, use calisthenics, balls or bands, you have choices about how to best use your time for Fitness. Learn about benefits of lifestyle activities like raking leaves, mowing the yard, cleaning the garage and more. Come learn about the many avenues to get in shape at home or on the go.

<u>Sessions</u>	<u>Sxn</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Bldg</u>	<u>Room</u>
1 (once)	A	Thu	Sep 3	11am - Noon	B4S	2419
1	B	Thu	Sep 10	11am – Noon	B30A	Aud
1	C	Thu	Sep 17	11am - Noon	B15	131

## Fitness 103 (FT103)

### The Role of Physical Exercise in Weight Control

Describes the common health effects of low fitness and obesity, the historic rise in obesity with decreased activity, the failure of dieting, combining diet with exercise, determining the amount of exercise needed for weight control

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1 (once)	A	Tue	Sep 1	11am – Noon	B4N	2025
1	B	Tue	Sep 8	11am - Noon	B30A	Aud
1	C	Tue	Sep 15	11am - Noon	B15	267

## Nutrition 103 (NT103)

### If It Ain't Whole, It Ain't Fiber

Learn about the importance of fiber in a healthy diet, different forms of fiber and their function in the body, fiber rich foods, whole grain logos versus false advertising, and tips on how to incorporate fiber into your diet. Class will also include resources available at JSC to help you stay on track.

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1 (once)	A	Thu	Sep 3	Noon – 1pm	B4S	2419
1	B	Thu	Sep 10	Noon – 1pm	B30A	Aud
1	C	Tue	Sep 15	Noon – 1pm	B15	267
1	D	Thu	Sep 17	Noon – 1pm	B16	113

## Stress Management 103 (SM103)

### The Fallout of Fatigue & The Importance of Good Sleep

Chronic fatigue affects millions of people every day. Sleep is an important part of a healthy living plan. Lack of good sleep can significantly impact the quality of your day and your life. Learn the relationship and differences between restful sleep and chronic fatigue, and a few techniques for improving the quality of your sleep on a regular basis.

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1 (once)	A	Tue	Sep 1	Noon - 1pm	B4S	2419
1	B	Wed	Sep 2	11am – Noon	B4S	1419
1	C	Wed	Sep 9	11am – Noon	B30A	1010
1	D	Wed	Sep 16	11am – Noon	B16	253

## Behavior Change 103 (BC103)

### Behavior Change for Cardiac Risk

Cardio Vascular Disease (CVD) is the number one health threat in our nation. Learn more about how CVD can impact your life and what you can do to reduce your risk. Let us help you get CVD under control and turn this around toward a longer healthier life.

<u>Sessions</u>	<u>Sxn</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Bldg</u>	<u>Room</u>
1 (once)	A	Wed	Sep 2	Noon – 1pm	B7	141B
1	B	Tue	Sep 8	Noon – 1pm	B30A	Aud
1	C	Wed	Sep 9	Noon – 1pm	B30A	1010
1	D	Wed	Sep 16	Noon – 1pm	B16	253