

# Who

The kick off is designed for **YOU** to experience the Mobile Fit classes that are available to your departments or area. Come and sample the various ways to fit in activity during your workday and ultimately let us bring fitness back to you!

*You can attend as many of the classes as you like!*

The Mobile Fit program is available for all faculty and staff who are interested in participating in a convenient on-site fitness program to improve overall health and wellness.

## Love the program? Want to do more? Let us bring it to you!

Employees voluntarily participate in a 15 – 45 minute exercise program. All classes are free and scheduled based on departmental needs and availability.

The goal of this program is to reduce the risk of musculoskeletal injuries by increasing body awareness, improving core strength and stability, improving coordination and reaction time, and increasing flexibility.

### Contacts

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# Mobile Fit Kick Off

Bringing Fitness To You

Join us every Tuesday October 6 thru November 10 from 12:15 p.m. -12:45 p.m. in the Student Recreation Center!

**NO RSVP NEEDED!**

# How

## Mobile Fit Menu:

*\*All classes will be held in Multipurpose Room A*

### Get Fit: October 6 and 13

A great total body workout that incorporates cardiovascular training and resistance training in one complete workout. Are you ready for this total body challenge?

### Core Fit: October 20 and 27

Challenge your core with functional exercises that strengthen the spine, improve movement mechanics and posture and decrease the risk of injuries. Learn how to stay strong and centered at work or at home.

### Stretch Well: November 3 and 10

This workout combines stretching, relaxation, and meditation exercises to reinvigorate you and give you energy throughout the day. Stretch your way to better health and learn ways to relax and combat stress and lethargy experienced during the workday.