



# Mobile Fit

Bringing Fitness To You

## Who

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. Employees voluntarily participate in a 30 minute exercise program over their lunch hour. 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.

**If you would like to bring MobileFit to you, please contact:**

**Julie Chobdee, MPH**  
*Wellness Program Coordinator*  
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## How

### Mobile Fit Menu

#### Get Fit

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

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

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.

