UNIVERSITY OF SOUTH DAKOTA

WELLNESS CENTER

WELLNESS ON WHEELS

ACTIVATE FITNESS AND WELLNESS IN YOUR DEPARTMENT!

Workshops that fit in perfectly during lunch breaks or staff meetings

PLEASE ALLOT 30-45 MINUTES FOR WORKSHOP

$25.00

SAMPLE WORKSHOPS OFFERED:
Zen Fitness
Keeping Fit in the Office
Myofacial Release (Foam Rolling)
Nutrition Basics & Health Shopping

HOW DO I SCHEDULE A WORKSHOP FOR MY DEPARTMENT?

Request form attached on the back of packet

OR

Contact Wellness Center Fitness Staff

Email: wellness@usd.edu
Sample Workshops Offered:

**Zen Fitness**
Does your office need a Zen make-over? This workshop is a “feel good” session which teaches various stress and pain relief techniques such as breathing, meditation, and yoga. The class expresses the quote “mind over matter” by providing methods that are useful for rejuvenating your body, refreshing your mind, and relaxing your focus. Also provided will be useful breathing mechanics which increase vitality, decrease stress, and help one become more mindful.

**Keeping Fit in the Office**
Having an office job that requires you to sit at a desk all day has the potential to wear down and deactivate your body. To keep your body stimulated, we’ve provided you with the option to get fit at your desk! This workshop teaches proper seated posture for injury prevention and provides simple exercises and full body workouts that lead to increased strength, increased mental focus, and decreased stress.

**Myofascial Release (Foam Rolling)**
Flexibility, as one of the major components of physical fitness, is critical to keeping a healthy range of motion in your muscles and critical to healing current injuries or preventing future ones. This workshop teaches everyone 15 stretches that will loosen you up from head to toe by incorporating a foam roll into each stretch to assist in myofascial release. Foam rolling exercises use your own body weight to help release tension in the muscles. Learning a repeatable stretch routine that covers all your major muscle groups is perfect for fitness in the workplace.

**Nutrition Basics & Healthy Shopping**
- In this workshop we will combine three nutrition-based concepts to help benefit you and your family’s health. You will learn the importance of carbohydrates, protein, and fat in your diet as well as daily caloric needs, basic label reading, and how to combine foods for healthy snacks.
- We will provide you with grocery shopping strategies to help maintain a healthy lifestyle and help you choose the best meal options.
Wellness on Wheels Registration Form

Department: ________________________________

☐ USD Department  ☐ Community Department

Name (First and Last): ________________________________

Contact email: ________________________________

Phone Number: ________________________________

What program would you like to request?

- Zen Fitness
- Keeping Fit in the Office
- Myofascial Release (Foam Rolling)
- Nutrition Basics & Healthy Shopping

How many people would be participating?______________

Date and Time Frame would you like to schedule this program?

______________________________

Where will the program be held?

______________________________

Thank you for your program request! We will email you shortly to follow up with you. If you would like to consult with the Fitness staff about programming details or have any questions about customizing your program, please email wellness@usd.edu directly to schedule an appointment in person or over the phone.