

EMPLOYEE WELLNESS

Activity Classes



Classes offered include...

- ❖ Pilates
- ❖ Chisel
- ❖ Circuit Training
- ❖ Self Defense
- ❖ Jiu-Jitsu
- ❖ Swim for Fitness
- ❖ Learn to Swim
- ❖ Water Aerobics

Transformation Challenge



Teams work together each semester to earn weekly points for healthy behaviors such as drinking water, meditating, attending fitness classes and reaching personal goals. Weekly newsletters are used to encourage participants with healthy recipes, quick workouts and team standings. Winners receive prizes and the division with the most participation wins the *Commitment to Wellness* award. This 8 week competition encourages employees to get healthy together!



Additional Programs

Winning with a Healthy Lifestyle

Led by Dr. Lisa Herzig, Dietetics students provide nutrition consulting as well as weekly body composition testing. This Spring has been our best turn out yet!



Bulldog Trails

The Bulldog Trails are on their way to being better than ever. Through Fresno State's beautiful campus, these trails have new mile markers for different trails. This makes for a great way to get your daily steps in!

