

Employee Wellness

Employees in Action!



<i>Activity Classes</i>	<i>Total # of Classes Offered</i>	<i>Total # of Employees Attended</i>
Pilates	45	195
Circuit Training	58	157
Yoga	21	61
Open Gym	30	94
Learn to Swim	9	24
Swim for Fitness	78	295
Water Aerobics	26	97

Additional Programs

Winning With A Healthy Lifestyle:

Led by Dr. Lisa Herzig, senior Dietetics students provide nutrition consulting, body composition testing, and weekly seminars for employees. We just concluded our seventh consecutive semester in April 2017.

Mid-Week Motion

Dr. Baldis and Kinesiology students teach employees how to include physical activity – NOT EXERCISE – into their work schedule and get energized before going home. This 8 week series was offered in partnership with the Student Rec Center.

Health Trails

Teams across campus compete each semester to consistently log their daily minutes exercised and water consumed. This 8 week competition encourages employees to be more active and get healthy together.

Bulldog Trails

Walk any of these trails around Fresno State's beautiful campus and easily get your steps in for the day!

BULLDOG TRAILS CAMPUS WALKING ROUTES

