

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 5:00 pm <i>Intro to Health & Wellness (Seminar)</i>	4	5 12:00 pm <i>Fitness Assessments</i>	6	7 9:00 am <i>Fitness Assessments</i>	8
9	10 5:00 pm <i>Healthy Back Exercise class</i>	11	12 12:00 pm <i>Goal Setting for Success (seminar)</i>	13	14 9:00 am <i>Goal Setting for Success (seminar)</i>	15
16	17 5:00 pm <i>Nutrition 101 (Seminar)</i>	18	19 12:00 pm <i>Nutrition 101 (Seminar)</i>	20	21 9:00 am <i>Healthy Back Exercise Class</i>	22
23	24 5:00 pm <i>30 minute Challenge Exercise Class</i>	25	26 12:00 pm <i>30 minute Challenge Exercise Class</i>	27	28 9:00am <i>30 minute Challenge Exercise Class</i>	29
30	31					

Class Descriptions – OHSU 30 minutes/ 30 day Challenge

Introduction to Health & Wellness (Seminar)

This walking talk shows the participants different areas and uses of the facility to help familiarize them with the surroundings. Explanation of the group exercise classes as well as instruction for the weight and cardio equipment will be provided.

Fitness Assessment (Activity)

This fitness assessment will provide measurements for cardiovascular fitness (Step Test), Strength (Push up Test), Endurance (Sit up Test) and Flexibility (Sit and Reach Test). Population norms and ranges will be provided to measure participant's level of fitness.

Nutrition 101 (Seminar)

This talk will go over the Food Pyramid, Food categories and portion sizes. The talk will also provide an opportunity for each individual to calculate their daily calorie needs.

Goal Setting (Seminar)

This talk will go over all aspects of setting and reaching goals. The talk will include information on S.M.A.R.T. goals, overcoming obstacles, setting timelines and rewards to succeed in attaining goals.

Healthy Back Class (Activity)

This fitness class targets the areas of the body that may contribute to back pain. In the class we will strengthen the flexors and extensors of the spine as well as stretch the areas of the body surrounding and part of the trunk. You will feel released and relaxed when you leave this class.

30 minute Challenge (Activity)

This fitness class will focus on the seven prime movers of the body. It will provide an all over body workout in the ½ an hour. Guaranteed to make you sweat!