



Rutgers Recreation presents

VIRTUAL WELLNESS *On The Go*

• MENU •

Connect with others during social distancing and improve your well-being! Sessions are designed to engage with participants.

• ACTIVITY LEVELS •

Low ★

This is an interactive, lecture-based presentation.

Medium ★★

This will include information and activity that is moderate.

High ★★★

Participants will be exercising for most of the session.

• REQUESTS •

Please complete a "Wellness on the Go" request available at: rec.rutgers.edu

All requests are to be received a **minimum of 2 weeks** prior to the requested date.

Programs for Rutgers University recognized student groups and University departments will be provided at no cost.

Non-University businesses and Campus community partners will be charged a fee of \$60 per session.

SELF-REFLEXOLOGY ★

Reflexology is a form of body work that involves applying pressure to specific areas on the hands and feet in order to produce changes in pain and other benefits elsewhere in the body. During these challenging times, learn how to use reflexology on yourself to relieve stress and discomfort throughout the body and promote a healthy wellbeing. **Time:** 30 Minutes **Instructor:** Teri Meade, Licensed Massage Therapist

GAME KNIGHT ★

We can all admit we love games! Game Knight is a fun and easy way to get everyone involved on teams or individually realizing what everyone has in common. Customize Game Knight and choose from games to play with your colleagues, classmates and friends. Games include Trivia, Rutgers Family Feud, BINGO, and Scategories. **Time:** 30 Minutes **Instructor:** Staff from the Office of Intramural Sports & Sport Clubs

RU ACTIVE: EXERCISE IS MEDICINE - ON CAMPUS ★

The key message of EIM-OC is to MOVE MORE. This presentation will establish mental and physical health benefits of exercise, identify barriers to being active and review the physical activity guidelines.

Time: 45 minutes **Instructor:** Priscilla Santana, EIM-OC coach

THE 10 ESSENTIALS ★

Are you venturing into the great outdoors? Learn more about the "10 Essentials" that can keep you safe should things not go as planned. We will show you how to create your own kit using items you probably already have at home, as well as provide specific examples of equipment and ways to prioritize needs in order to avoid being bogged down with excess gear. **Time:** 20 Minutes **Instructor:** Jesse Stratowski, Adventure Coordinator

KNOT AS HARD AS IT LOOKS ★

Many of the core knots for climbing and paddle sports are also infinitely useful in day-to-day life. In this interactive web presentation, we will show you how to tie the Bowline, Figure-8, and Trucker's Hitch. Be prepared for some light puns. Participants will be required to provide their own cordage, rope, or string – just about anything will work! **Time:** 20 Minutes **Instructor:** Jesse Stratowski, Adventure Coordinator

..... **STRESS BUSTERS** ★★

Supporting your well-being during times of change and uncertainty is important. Learning how to manage your stress can help you along the way. Learn how to manage your response to triggers and make positive personal choices. The session will include active participation in stress management coping strategies and relaxation. **Time:** 30 Minutes

Instructor: Braily Bernaber, Fitness Coordinator

..... **INJURY PREVENTION FOR RUNNERS** ★★

Preventing your next running injury and staying healthy isn't difficult with smart training, strength and flexibility training, and rest periods. Injury prevention should be a top goal for all runners. Session will include education guidelines on running safely followed by a workout specifically designed for runners. **Time:** 45 Minutes **Instructor:** Anne Finetto, Assistant Director of Fitness & Wellness

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..... **BUILD YOUR OWN AT-HOME WORKOUT** ★★

Exercise doesn't always look like the traditional gym setting, and it doesn't need to be complicated to be effective. Join this interactive webinar to learn about the why and how to incorporate exercise into your home environment. Participants will join in the active movement portion for a full body workout completed with minimal equipment and space. **Time:** 40 minutes **Instructor:** Bethann Wittig, Fitness Coordinator

..... **DESK STRETCH BREAK** ★★

Proper posture is associated with back relief, optimal digestion, reduced headaches, and boosted energy. Taking a 5-minute stretch break during sedentary work can improve overall posture as well as provide a mental break from concentration. This session will teach easily executed stretches and movement patterns that can be done right at your desk.

Time: 20 minutes **Instructor:** Bethann Wittig, Fitness Coordinator

..... **BODYFLOW**® ★★

A yoga inspired class that will improve your mind and bring your body into a place of harmony and balance. Bodyflow® is designed to build strength and improve flexibility. Class finishes with 10 minutes of relaxation and meditation. **Time:** 45 minutes **Instructor:** Natasha Meek, Assistant Fitness & Wellness Class Program Coordinator

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..... **SOLE TRAINING**® WELLNESS BREAK ★★

Take a short break and participate in a self-massage that increase circulation and mobility throughout your feet and ankles. This routine by the Willpower Method® and is easy and fun to learn.

Time: 20 minutes **Instructor:** Stacy Trukowski, Associate Director of Fitness & Wellness

..... **CXWORX**® ★★★

This workout is all about building core strength and improving functional fitness. Movements will focus on the abdominals, mid-section and glutes providing the vital ingredient for a stronger body. Modifications will be provided for all fitness levels. **Time:** 35 minutes **Instructor:** Natasha Meek, Assistant Fitness & Wellness class Program Coordinator

..... **HIIT CARDIO** ★★★

A High Intensity Interval Training (HIIT) workout that improves cardiovascular fitness and maximizes calorie burn. This type of training involves high intensity intervals followed by active recovery. Session will include education on the principles and guidelines of HIIT training, followed by a workout. Modifications will be provided. **Time:** 35 minutes **Instructor:** Braily Bernaber, Fitness Coordinator

..... **RU STRENGTH** ★★★

A full-body resistance training workout led by a certified personal trainer. RU Strength is a workout that focuses on muscular strength, endurance and total body burn. Light to medium weights and/or resistance band are required. **Time:** 45 minutes **Instructor:** Bethann Wittig, Fitness Coordinator

..... **INTENSATI**® ★★★

During these times it is important to remind ourselves that "we can do hard things". This revolutionary workout will strengthen your body, clear your mind, and open your heart. Learn to train your inner critic so you can experience positive, lasting, and fulfilling results. The practice is easily adjusted to all fitness levels and ability. **Time:** 45 minutes **Instructor:** Stacy Trukowski, Associate Director of Fitness & Wellness

..... **RU FIT 30** ★★★

Take a total body metabolic training workout that will fire up your muscles and heart rate! This type of training will provide you both strength and cardio benefits in a quick and fun manner. All levels are welcome, motivation and modification will be provided. **Time:** 30 minutes **Instructor:** Braily Bernaber, Fitness Coordinator