

Healthy Habits

Fall 2009



Welcome to **Healthy Habits**,
a comprehensive wellness program
for Calvin College faculty, staff & spouses.

Mission Statement

The mission of Healthy Habits is to promote healthy living and well-being through a comprehensive wellness program that includes mental, social, spiritual, physical, emotional, and environmental health, as part of the overall mission of the college.

Healthy Habits Goals

- To provide Calvin employees programs and opportunities that promote personal health and well-being.
- To create a supportive community atmosphere for the pursuit of wellness goals.
- To encourage participants to treat their bodies as God's temple for lifelong Christian service.

Inside This Brochure

- Exercise Classes and Recreation Opportunities
- Weight Watchers
- Personal Training
- NEW: "Healthy Habits Fridays"!

Questions: healthyhabits@calvin.edu.

Calvin College

Healthy Habits

A comprehensive wellness program for
faculty, staff and spouse

Phone: 616.526.8408

E-mail: healthyhabits@calvin.edu



EXERCISE CLASSES

Exercise Ball & Bands



This total body workout features exercise balls and resistance bands to strengthen and stretch your entire body. If your fitness goals include better posture, balance, flexibility and muscular strength then this class is for you! All fitness levels are welcome.

Mon. & Wed. 12:30-1:15pm in HC 252 (Dance Studio)

Yoga

If you're looking for an exercise class that will build strength, stamina, and flexibility, check out Yoga. Andre Daley, a Registered Yoga Instructor and certified Christian Yoga Instructor, will lead the class through classical yoga postures. Open to experienced as well as novice participants!

Beginners: Tues. & Thurs. 4:30-5:15pm, HC 280 (Classroom)

Intermediate: Tues. & Thurs. 12:00-12:45pm, HC 300 (Studio Loft)

NEW! Conditioning for Women



If you prefer a more private exercise setting just for women, join Marissa Walker as she leads you through semi-structured cardio and strength training workouts in the lower level Fitness Classroom. This class is designed for beginner and veteran female exercisers alike.

Mon. & Wed. 6:30-7:15am in VA 110 (Fitness Classroom)

"Spinning" (Indoor Group Cycling)

As you pedal our specially designed group exercise bikes, motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout. During the class you vary your pace with sprints, climbs and everything in between.

Mon. & Wed. 6:30-7:15am, Van Noord Arena South Gym (Session 1 only).

Tues. & Thur. 6:30-7:15am, Van Noord Arena South Gym (Session 2 only).

Mon., Tues. & Thur. 12:00-12:45pm, Van Noord Arena South Gym. Choose from M/Th or T/Th (Available Sessions 1 and 2).

Water Aerobics

Our Water Aerobics class is a great way to get an aerobic workout without the jarring on your joints that comes with other aerobic activities. This may be just the thing for you if you have arthritic joints or need a non weight-bearing activity for your fitness needs. Equipment provided.



Tues. & Thurs. 12:00-12:45pm, Venema Aquatic Center

NEW! "Healthy Habits Fridays"

By the time the end of the week gets here, aren't you ready for something new and FUN!? Check it out! Healthy Habits will be offering several one-time activities to choose from on Fridays throughout the semester. For a description of each activity and to register, check out the links on the Healthy Habits website: www.calvin.edu/go/healthyhabits.

"Turbo Kick"	Sep. 25.	12:00-12:45pm	Dance Loft
"Belly Dance"	Oct. 2	12:00-12:45 pm	Dance Loft
"Tai Chi"	Oct. 9	12:00-12:45 pm	Dance Loft
"Line & Folk Dance"	Oct. 16	5:30-7:00 pm	HC 280
"Line & Folk Dance"	Oct. 23	5:30-7:00 pm	HC North Gym
"Latin Dance"	Oct. 30	12:00-12:45 pm	Dance Loft
"Latin Dance"	Nov. 6	5:30-7:00 pm	Dance Loft
"Self Defense"	Nov. 20	12:00-12:45 pm	Dance Loft

OPEN FACULTY/STAFF RECREATION

Times are reserved for faculty/staff according to the following schedule:

Volleyball: Tuesdays/Thursdays, 12:-00-1:30pm, HC North Gym

Basketball: Tuesdays/Thursdays, 12:-00-1:30pm, HC Main Gyms

Racquetball and Indoor Tennis: Call the Fieldhouse at 6-7770

between 2:30 and building close each week to schedule a court. One reservation per person per week.

Please check the HPERDS Facilities website for schedule updates.

<http://www.calvin.edu/academic/pe/facilities/>



EXERCISE CLASSES

CLIMBING WALL

Once you have received instruction and are belay trained, you may come and climb during open climb hours. Calvin ID is required.



Fall Hours—Open Climb (September 8 - December 11)

- Monday-Friday, 3:00-9:00pm
- Saturdays: 9:00-12:00 Staff and Family only
12:00-6:00pm Open climb



Climbing Wall Class for Faculty and Staff

Are you interested in learning how to use our Climbing Wall to achieve some of your fitness goals? Join others for a five-week educational and experiential class.

Saturdays: 9:00-10:30am at the Climbing Wall. Cost: \$15 for five weeks.

Session 1: September 19 - October 17.

Session 2: November 7 - December 12 (except Thanksgiving weekend).

Register online: <http://www.calvin.edu/go/healthyhabits/>

QUARTERLY INCENTIVE 2009 - Q4

Pre-requisites:

1. Enrollment in Calvin's Health Plan through Priority Health.
2. Completion of the first two commitment of Priority's "HealthByChoice" program sometime since January 1 (see the Healthy Habits website for additional information).

4th Quarter Requirement (September 1 - November 30):

- A. A complete physical exam between December 1, 2007 and November 30, 2009.
- B. Participate in as many activities as you want. Accumulate at least **one additional Healthy Habits "credit"**.

For a list of activities that qualify for credit and FAQs go to:

<http://www.calvin.edu/academic/pe/healthyhabits/cashincentive/HHIncentiveProgram.pdf>

To receive a "credit" for exercise activities completed on your own, submit a "General Activity Tracker" (available at <http://www.calvin.edu/go/healthyhabits/>) at the end of each quarter.

EXPRESS CLASSES

Are you finding it difficult to fit a 45-60 minute class into your busy schedule? Try one of our 20-30 minute "express" classes.

Interval Express (Cost: \$20 for 7 weeks)

Join Tina Asma as she uses a variety of exercise techniques to get the most out of participants! Each workout consists of two 10-minute sessions involving 4 minutes of cardio, 3 minutes of strength; 2 minutes of core, and 1 minute of flexibility. If a quick, total body workout is what you are looking for, this is for YOU! Choose from two times:

Mon. & Wed. 4:00 - 4:30pm in HC 300 (Dance Studio Loft)

Mon. & Wed. 4:45 - 5:15pm in HC 300 (Dance Studio Loft)

Core Express (Cost: \$20 for 7 weeks)

Did you know that developing strong core muscles (abs, back, pelvis) is a key component in fitness, good posture, maintaining a healthy weight and avoiding back pain? Core Express is **20 minutes** of intense, circuit-based training for the mid-section.



Mon. & Wed. 11:30-11:50am or 12-12:20pm, HC 252 (Dance Studio)

ALL CLASSES: (unless noted)

- **Session 1: Sept. 14– Oct. 30** **Session 2: Nov. 2 - Dec. 18**
- Cost: \$35 per class per 7-week session or \$60 for all 14 weeks
- Meet: Twice per week.
- Requirement: A minimum of 12 registered participants to confirm.

Please register online and send payments to Healthy Habits via ICM . Pay with exact cash or check. Checks may be made payable to CALVIN COLLEGE. Register for as many classes and sessions as you like.

CLASS REGISTRATION PROCEDURE

Calvin Faculty and Staff:

Please register online for all exercise Classes, Seminars and Open Recreation using the following Healthy Habits website link:

- From the Calvin homepage, click: "Faculty/Staff", then "Healthy Habits Wellness Program".
- Click: "Online Registration"

Seminary Employees and all Spouse:

Please email healthyhabits@calvin.edu or call Natalie Hubers at 526-6177.

PERSONAL TRAINING OPTIONS

1. **Four FREE, 1-hour sessions** - Email healthyhabits@calvin.edu if you are interested. Based on availability of our student trainers.
2. **“Group” Personal Training**
Small group, **1 hour** personal training sessions tailored to fit the needs of the group, as well as the individual. Group size is limited to 5 individuals per class. Training will include cardio, strength training, flexibility, and core work. **Beginners:** Basic program for individuals just getting started with an exercise program. **Intermediate:** More challenging workouts for individuals looking to take their program to the next level. Location: Lower level Fitness Classroom. Register online.
- **Sign up for once a week (\$35) or twice a week (\$70) for 7 weeks.**
- **Beginners: Mon. 11:30, Mon. 2:30pm, Wed. 12:30pm**
- **Intermediate: Mon. 12:30pm, Wed. 11:30, Wed. 2:30pm**
3. **Personal Training “Plus”**
Just like having your own personal trainer, but at 1/5th the cost! Options include 6 or 12-weeks, and once or twice a week. \$10 per session. Registration forms are available online or email Healthy Habits.

Fall Bike Tour/Century Ride + Family Camping!

Healthy Habits and Calvin Recreation are once again combining efforts to offer the 3rd Annual Calvin Bike Tour and Century Ride on September 18-19! This year we plan to navigate the Leelanau Peninsula. Great scenery! Great food! Great fellowship! Camping available on the 18th and/or 19th. For more information or questions, check out the promotional flyer on the Healthy Habits website, or feel free to contact Roy Zuidema (6-8408) or Ryan Walter-Rooks (6-7541). Sign-up DEADLINE: September 9.

WEIGHT WATCHERS

The next Weight Watchers @ Work session will begin Wednesday, Sept. 9 (12:00-1:00pm) in North Hall Room 165.

- 17 weeks for the price of 16 (\$175)
- Payment plans available
- Healthy Habits rebate available (\$20)
- Receive free “e-Tools” for 19 weeks

FREE introductory session Sept. 9

12:00 in North Hall Room 165.

FREE SEMINARS

“When I Relax I Feel Guilty”

Wednesday, September 23, 12:00-12:50pm, SFC - HC 280

Developing a divine rhythm in your life through leisure. - Glen Van Andel

“Healthy Habits for Body and Mind”

Wednesday, October 14, 12:00-12:50pm Knollcrest Room

Why does a healthy mind need a healthy body? -Kevin Corcoran, David Hoekema & Christina Van Dyke

“Love Tastes Good”

Tuesday, November 17, 12:00pm AND 5:10pm Science Bldg. 010

Come join Kirstin & Rob VanderGiessen-Reitsma as they explore healthy eating in the Kingdom of God...for the sake of our bodies, communities and creation.

“Exploring Alternatives to Meat and Potatoes”

Thursday, December 10, 12:00-12:50pm Science Bldg. 010

Tess Lindholm will share resources and provide recipes and food samples of new options for menu planning.

Upcoming Challenges!

Look for the following individual and team challenges coming this Fall:

Great Lakes Challenge - Can you make it across Lake MI?

Hold It for the Holidays - Accountability over the holidays!

FITNESS CENTER ORIENTATION

Have you every wondered how to use the strength or cardio equipment in the Fitness Center? No problem! Sign up for a 30-minute orientation! Our trained staff will help teach you everything from proper technique to adjusting each unit's settings. Call the front desk in the Fitness Center during open hours (M-F, 6:30am-9:00pm) at 6-7148 to schedule an orientation time. Priority Healthy members earn 1/2 Healthy Habits incentive credit!

