



Wellness Certificate Series

The HR Office of Training and Organizational Development, in partnership with the FSU Campus Recreation Fitness and Movement Clinic, is pleased to introduce the Wellness Certificate Training Series for faculty and staff. The program was designed in support of the University's Healthy Campus 2020 initiative. The mission of the initiative is: To maximize campus wellness, we support academic and personal success by:

- Addressing environmental factors that reduce risk
- Educating about healthy lifestyles
- Promoting positive choices and behaviors and
- Providing a coordinated continuum of care

Successful completion of the certificate series requires completion of the four courses listed below. Registration is required for each course session.*

Curriculum

1. **Mental Well-Being and Stress Management (Course Number: WLST01):** Mental Well Being and Stress Management. In this course, you will discuss ways to help decrease stress in your life by learning tips for time-management, coping mechanisms and relaxation techniques, and resources/outlets to help you alleviate stress. **Spring semester February 19th 12:00pm – 1:00pm, Training Center**
2. **Find What Moves You: (Course Number: WLST02):** In this course, you will learn about activity/exercise guidelines and ways to fit them into your busy schedule, as well as ways to pinpoint activities that you actually enjoy. This session will include some interaction and demonstrations of exercises that can be done at the home or office, and will include a discussion on resources that are already available to you as an FSU community member. **Spring semester March 5th, 12:00pm – 1:00pm, Training Center**
3. **Financial Wellness (Course Number: WLST03):** In this course, you will learn about ways to work with the budget you have, tips to climb out of debt, and small ways to save that can make a big impact over time. **Spring semester March 25th, 12:00pm – 1:00pm, Training Center**
4. **Wellness Fair (Course Number: WLFAIR):** On April 8th from 11 am to 1 pm, we will be hosting a wellness fair in the Fitness and Movement Clinic (FMC) located on the second floor of the wellness building. Following the course registration period, those enrolled will be assigned a suggested time of arrive between 11 am and 1 pm. During your time slot, you will meet with a certified ACE Health Coach to have the following health values assessed and explained, discuss your main health goals and set a few realistic goals for yourself, hear about resources available to you as faculty and staff, and take a short tour of the FMC. Your name will also be entered into a raffle for free wellness testing and a possible free membership to the Leach and FMC! Wellness Sport and Spine will also be available for 5 minute massages for FREE! **April 8th, 11am – 1pm, Fitness and Movement Center**

- Resting heart rate and blood pressure
- Circumference measures, (e.g. waist and hip ratio for disease risk)
- Body fat % analysis and explanation (if wanted)
- Discussion of health goals and ways to meet those goals

Optional Additions Discounted to Student Price at the Wellness Fair:

- **Bod Pod test**-quick easy assessment of body fat %, lean muscle mass, estimate of minimum number of calories to eat in a day, and total calories needed for the day. For this test, individuals must make sure to come at least 2 hours fasted, do not work out the day of the test prior to coming in, and men need to bring or wear spandex or compression shorts and ladies need spandex shorts and a sports bra or swimsuit with minimal frills, ruffles, etc.
- **Cholesterol/blood sugar** - This is a quick finger prick test that will analyze within 5 minutes. Results will be explained along with a brochure with your results and additional information. For this test, individuals need to be at least 8 hours fasted (you can also do this on a different day and receive the discounted price if you have attended the fair so you do not have to fast until 11 am).


Extracurricular Wellness Classes Available (Not Required for the Wellness Certificate)

Yoga (Course Number: WLYOGA) : Come ready for 45 minutes of all levels yoga instruction. The class will involve basic transitions, static stretches and some strengthening postures, too. Participants should wear comfortable clothing and remove shoes while on the mat. Mats are provided but student should bring a water bottle. Come with an open mind and leave feeling lighter and more relaxed. Class is offered weekly. Registration is required each week. **Every Thursday spring semester beginning February 5th, 11:45am – 12:30pm, HWC- Fitness and Movement Center**

Quit and Be Free (Course Number: PDQBF1): This course is a FREE one-time group intervention provided in a relaxed non-threatening environment in a conference room style set up. Upon completion of the workshop participants will have the option of making a three-day quit attempt along with receiving free nicotine replacement therapy (patch, lozenge, gum) or they may choose to quit at another time. Additional resources will be provided for participants who desire to quit. All materials for QBF will be provided to participants at no cost. **Spring semester February 11th 1 – 2pm HWC, March 3rd 9am – 10am Training Center, April 1st 1 – 2pm HWC**

For the **Training Catalog** and **Registration Instructions**, visit www.hr.fsu.edu/train. For additional program information or questions, contact the Office of Training and Organizational Development at training@fsu.edu or 850.644-8724.

*To register, log in to OMNI and navigate to:

Human Resources 9.1 > Main Menu > Self Service > Learning and Development > Request Training Enrollment > Follow the prompts to submit your request. To view the course description, click on the  icon.