

OWL BE WELL

Kennesaw State University Employee Well-being Newsletter

Free December YMCA Access

From Dec. 21 through Jan. 1

Northwest Cobb:
Kennesaw, GA 30152

1700 Dennis Kemp Ln.
(770) 423-9622

McCleskey-East Cobb:
Marietta, GA 30062

1055 East Piedmont Rd. NE
(770) 977-5991

Northeast Cobb:
Marietta, GA 30062

3010 Johnson Ferry Rd.
(678) 569-9622



Per Kennesaw State University Guidelines, your Employee Fitness Center will be closing at 6:00pm on Dec. 20th - Dec. 29th and Jan. 1st, 2020. The EFC will be open from 6:00am to 7:00pm on Dec. 30th, 31st, Jan. 2nd & 3rd.

During closure, KSU Employees will have access to the YMCA locations shown above.

Make sure to have your KSU ID/EFC Access Card with you to be eligible for the YMCA Access!

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EFC Chase the Turkey Leaderboard

Participant	Total Points
Lewis, Catherine	3,600
Patrick, Russell	3,000
Bennett, David	2,800
Robbins, Christa	2,000
Patton, Randall	1,900
Abbott-Iyon, Heather	1,700
Cassin-khoury, Dianna	1,700
Smith, Susan	1,700
Simon, Robert	1,400
Tilley, Colby	1,200
Patrick, Debbie	1,000
Griffin, Melanie	900
Herbel, Jerry	700
Ecklund, Naomi	600
King, Caroline	500



Have you registered with ActivTrax yet?

ActivTrax is the new fitness tracking software that the Employee Fitness Center is utilizing.

The software creates a new customized workout each time you visit the gym based on an initial strength test. It gives you short videos for each exercise so you never feel like you don't know what to do. Our Chase the Turkey Fitness Challenge is being done through ActivTrax!

Come in to the EFC to go through the Initial Strength Test, get registered into the system, and start working out!



UNIVERSITY SYSTEM OF GEORGIA
Well-being

December USG Well-being events

- Well-being Wednesday - Dec. 4, 2019 11:30am
 - Building Resiliency: How to Easily Adapt
 - [Click here](#) to register
- Money Monday - Dec. 9, 2019 12:00pm
 - Halfway There: A Retirement Check-up
 - [Click here](#) to register



Keep America Active Challenge Final Standings

- #1: Survival of the Fitness - #19 overall
- #2: Owl Beat You - #24 overall
- #3: Owl Affairs - #42 overall
- #4: Power Owls - #46 overall
- #5: KSU Facilities - #49 overall

Way to go Owls! Thank you for participating in this fall challenge. Don't forget to fill out feedback survey for free lunchbox

Marietta Campus Yoga



December Yoga Classes

The Well-being team is offering Intermediate Yoga on Tuesdays and Deep Stretch on Wednesdays on select dates in December.

To sign up for Intermediate, click [here](#).

To sign up for Deep Stretch, click [here](#).



Cooking Demo: Lettuce Eat

Date: 12/6/2019

Location: KSU Center, Room 462

Time: 12:00-1:00pm

Click [here](#) to sign up.

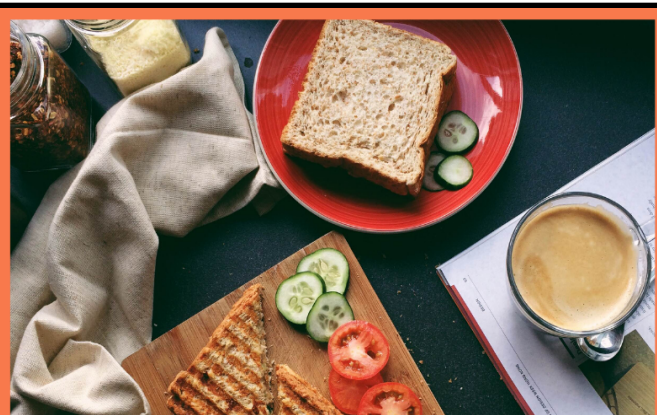


January Yoga Classes

The Well-being team is offering Intermediate Yoga on Tuesdays and Deep Stretch on Wednesdays on select dates in January.

To sign up for Intermediate, click [here](#).

To sign up for Deep Stretch, click [here](#).



NUTRITION CONSULTATIONS COMING SOON!

Meet one-on-one with your Employee Well-being Registered Dietitian for a 30-minute nutrition consultation starting in January 2020. Look out for more information coming soon!

December Group Fitness Schedule

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am-7:45 am		Zumba®Toning <i>Ché</i>			
12:15 pm-1:00 pm		Tai Chi <i>Alan</i>			Strength & Balance <i>Staff</i>
12:30 pm-1:30pm	Yoga (all levels) <i>Deborah</i>		Stretch & Strength <i>Lisa</i>		
4:30 pm-5:20 pm	Owl Sculpt <i>Karen</i>	Cardio Kickboxing <i>Karen</i>	H.I.I.T. <i>Dessi</i>	Yoga (all levels) <i>Deborah</i>	
5:30pm-6:30pm	Strength & Stamina <i>Karen</i>	Yoga (all levels) <i>Lara</i>	Zumba® 5:30-6:20 pm <i>Ché</i>	Cycling <i>Melanie</i>	Zumba® 5:30-6:20 pm <i>Percival</i>
Class Key: CARDIO & STRENGTH • DANCE • CYCLING • MIND & BODY					

Interested in becoming a member of your Employee Fitness Center?

Contact us at efc@kennesaw.edu or 470-578-6770 for information about joining the EFC!

Hours & Location

<https://employeehealth.kennesaw.edu>

Follow us on social media!



Instagram



Facebook