The next Employee Fitness Center ActivTrax Fitness Challenge, the March to the Super Bowl, will begin Monday, Jan. 13! Come in and talk to an EFC staff member or call x6770 to learn how to participate!
Welcome to the new USG Well-being experience!

Want to earn $100?

Healthcare-benefitted & benefits-eligible employees: Register for the new & improved USG Well-being platform! Explore the new website and download the Virgin Pulse app to earn rewards through making healthy decisions.

USG employees that are benefits-eligible but not covered by a USG healthcare plan can earn prize drawings. Open Well-being Help sessions labs coming next month. Spouses of healthcare-benefitted employees can earn $100 too!

January USG Well-being events

• Well-being Wednesday - Jan. 8, 2020 12:00pm
  - Click here for more information and to sign up for the event

• Money Monday - Jan. 27, 2020, Time TBD
  - Click here to view the Events Calendar

Have you registered with ActivTrax yet?

ActivTrax is the new fitness tracking software being used by the Employee Fitness Center.

After taking an initial strength test, the software will generate customized workouts each time you log a workout! Video tutorials and exercise instructions are included for assistance with unfamiliar exercises. 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!

NUTRITION CONSULTATIONS

Meet one-on-one with your Employee Well-being Registered Dietitian for a 30-45 minute nutrition consultation starting in January 2020.

CALL 470-578-6770 TO SCHEDULE

Marietta Campus 1st Mondays
January 6th - Wilson Student Center, Room A213
February 3rd - Wilson Student Center, Room A214
March 2nd - Wilson Student Center, Room A213
April 6th - Wilson Student Center, Room A213
May 4th - Wilson Student Center, Room A213

Kennesaw Campus 3rd Fridays
January 17th - Town Point, Room 2210
February 21st - Kennesaw Hall, Room 1101
March 20th - Town Point, Room 2210
April 17th - Kennesaw Hall, Room 1101
May 15th - Town Point, Room 2210
Recipe of the Month

**BBQ Bean Tacos w/ Pineapple Salsa**

**INGREDIENTS**
- 2 15-ounce cans pinto beans
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 3/4 cup organic ketchup
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 3/4 teaspoon kosher salt
- 20-ounce can pineapple chunks packed in juice
- 1/4 cup minced red onion
- 1/4 cup finely chopped cilantro
- 1 small green cabbage
- 3 radishes
- 1 lime
- Tortillas, for serving

**INSTRUCTIONS**
Drain both cans of beans (no need to rinse). In a large skillet, place the beans, mustard, maple syrup, ketchup, garlic powder, chili powder, and 1/2 teaspoon kosher salt. Heat on low until thickened and warm, while making the remainder of the recipe.

Drain the pineapple and finely chop it. Mince the red onion, and chop the cilantro. Mix the pineapple, red onion and cilantro together with 1/4 teaspoon kosher salt. Thinly slice the green cabbage and radishes. Slice the lime into wedges.

To serve, place the beans in a tortilla, then add cabbage, radishes and a squeeze of lime. Top with pineapple salsa and additional cilantro if desired.


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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](#).

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Plant Based Eating Workshop
**Date:** 1/22/2020
**Location:** Kennesaw Campus
**Time:** 12:00-1:00pm
Click [here](#) to sign up.
**Effective Monday, January 6th, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>12:30 pm-1:30 pm</td>
<td>Yoga (all levels) Deborah</td>
<td>1st Wednesday- Intro to ActivTrax</td>
<td>3rd Wednesday- Benefits of Stretch Workshop</td>
<td>1st Wednesday- Intro to ActivTrax</td>
<td>3rd Wednesday- Benefits of Stretch Workshop</td>
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<tr>
<td>4:30 pm-5:20 pm</td>
<td>Owl Sculpt Karen</td>
<td>Cardio Kickboxing Karen</td>
<td>Owl Strength Lisa</td>
<td>Yoga (all levels) Deborah</td>
<td>Yoga (all levels) Deborah</td>
</tr>
<tr>
<td>5:30pm-6:30pm</td>
<td>Strength &amp; Stamina Karen</td>
<td>Yoga (all levels) Melanie</td>
<td>Zumba® 5:30-6:20 pm Percival</td>
<td>Cycling Mellanie</td>
<td>Zumba® 5:30-6:20 pm Ché</td>
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</table>

**Class Key:** **CARDIO & STRENGTH • DANCE • MIND & BODY• EDUCATION**

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**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://employeewellness.kennesaw.edu](https://employeewellness.kennesaw.edu)

Follow us on social media!

[Facebook](#)