

# Wellness at Brown!

## To Go

### Menu of Programs Available to Teams and Departments

#### **Wellness at Brown/Wellness Rewards Overview**

Is your team taking advantage of all that Wellness at Brown has to offer? Offerings include great onsite programs, fun fitness classes, and even a cash incentive! Learn more in an enjoyable and informative overview, which incorporates questions and prizes!

15 min  
30 min  
Stop by

#### **Recreation/Athletics Overview**

Learn more about what Brown Recreation and Fitness has to offer! A Recreation staff member will provide information on memberships, facility location and hours, group fitness classes, personal training, intramurals, swim lessons and more!

15 min  
Stop by

#### **Wellness Goal Setting**

Take the time to think about your long-term health and wellness goals. This class will give you new perspective on working toward wellness, and you'll leave with written first steps to begin achieving your goals.

30 min  
45 min  
Stop by

#### **Healthy Eating Through the Holidays**

The average American consumes approximately 4,500 calories and 229 grams of fat from eating a traditional Thanksgiving dinner. Prepare this season – topics include beverages, buffets, cooking/baking, and even shopping.

30 min  
45 min  
Stop by

#### **The Good, the Bad, and the Ugli Fruit**

Maximize the benefits of fruits and veggies by taking a closer look at local favorites and then exploring exotic and unusual produce, such as the mangosteen and paw paw. This talk includes sample recipes; nutrition information/health benefits; and selection, storage, and preparation tips.

30 min  
45 min  
Stop by

#### **Do I Want Fries With That?**

In fast food situations, we all know what we *should* eat, but what do we *choose* to eat? In this class, explore what these fast food meals can offer with a side-by-side nutrient comparison, so we can look at options differently and determine our personal priorities when eating on the run.

30 min  
45 min  
Stop by

#### **Nutrition Basics - Stop By**

This stop-by table comes packed with resources on healthy eating basics: a healthy shopping list, a balanced plate, portion distortion tools, info on the “not so healthy salad,” and more. Designed to be a convenient and quick introduction to nutrition, this table gives you the opportunity to peruse resources and ask questions.

Stop by  
only



## **It's Not the Stomach Flu: Food Safety**

Learn how to keep food safe at home, at cookouts, at parties, and more in a fun and informative class. Explore the top food-poisoning culprits, common cross-contamination occurrences, fridge/freezer guidelines, and heating recommendations.

30 min  
45 min  
Stop by

## **A Few Q's and A's about Zzz's**

Not getting enough sleep can impact our mood, productivity, immune system, and more! Review a few questions about sleep and what today's research suggests may be the best answers to guide us. How much sleep should I be getting? Is napping good or bad? Is there a sleep and weight connection? This talk will focus on ways to improve the quantity and quality of our sleep.

30 min  
45 min  
Stop by

## **Positive Psychology**

What is positive psychology? Examine the basics: the study of happiness, an understanding of personal strengths, and the pursuit of fulfillment. You'll learn how positive psychology evolved, and how people are applying it today. Leave with tools and techniques to put some of the principles into action.

30 min  
45 min  
Stop by

## **Food Psychology**

Review surprising lessons that food psychologists and consumer behavior analysts are uncovering including the impact of lighting on what we eat and how much we eat; how your dinnerware may affect your food perceptions; and what small changes in your "food radius" can make a big difference in your eating habits.

30 min  
45 min

## **Relaxation Sampler**

To effectively combat stress, we need to activate our body's natural relaxation response. This experiential program will guide you through relaxation techniques. Diaphragmatic breathing, progressive muscle relaxation, guided imagery, and loving-kindness meditations help to create calm and boost your energy and mood. Coloring for relaxation also available.

30 min  
45 min

## **Deskercise**

In this fun(ny) and interactive class, get out of your seat and see how effective a few minutes of gentle stretching can be. You'll feel refreshed and rejuvenated!

15 min

## **Fitness to Go!**

Let Nelson Fitness Center come to you with NEW! Fitness to Go. A certified Nelson instructor will turn your meeting break or team event into an invigorating reason to get away from the desk and get moving. Zumba, Bootcamp, Cardio Kickbox, Resistance, and more, available in flexible 15, 30, or 45 minute formats. Additional offerings, such as cycling, available to teams and departments at Nelson Fitness Center. Each team/department can take advantage of one Fitness to Go offering per calendar year.

15 min  
30 min  
45 min

Questions? Email: [worklife@brown.edu](mailto:worklife@brown.edu)

Please note: Team/department programs are not eligible for Wellness Rewards.

