



Employee Wellness

A Division of
Human Resources

Summer Semester Guide 2025

Semester Focus: The Power of Movement



This semester, get ready to transform your approach to well-being with our fall series: The Power of Movement.

Our program offerings are designed to help you integrate physical activity and healthy habits into your daily life, making wellness a natural part of your routine and feel less like a chore.

What to Expect This Semester

September: Getting Moving

Kicking off the series, this month is all about finding simple, "sneaky" ways to add more movement to your day. You'll have a big impact on your health and energy levels.

October: Fun Fitness

This month is all about discovering what kind of fitness truly works for you. Through our presentation, "Finding the Right Fitness for You," you'll explore various fitness activities and learn how to identify those that fit your personal preferences and lifestyle.

November: Maintaining Momentum

As the year winds down, Employee Wellness is dedicated to helping you maintain your healthy habits through the busy holiday season. The workshop, "Staying Healthy Through the Holidays," will equip you with practical strategies to navigate common challenges like stress and overeating without sacrificing your well-being.



FIND YOUR MOTIVATION

Huntsville Marathon: September 20th

From Monte Cristo to Huntsville Park-the Full Monte is one of the most pristine marathons that Utah has to offer, this course starts in the Monte Cristo area and ends at Huntsville Town Park during the peak of our vibrant autumn colors. This course offers a gentle decline in elevation of 3,500 feet from start to finish. If the Full Monte isn't your jam, the half Monte, 10K and 5K could be your perfect distance.

<https://huntsvilleutahmarathon.com/home>

Women's Epic Road Race: October 18

The Women's Epic Half Marathon is more than just a race—it's an unforgettable road race set against the backdrop of the Rocky Mountains. This road loop course begins and ends at Weber State University's Football Stadium, taking runners through a mix of rolling hills and fast descents. You'll race past vibrant fall colors, open vistas, and mountain scenery, all leading to an unforgettable stadium finish on the Weber State track.

Use discount code WeberWomen at checkout for an exclusive 30%!

<https://www.womensepicrace.com/half-marathon>

Weber State Turkey Triathlon: November 8

The 21st Annual Turkey Triathlon and 5K Trot put on by Weber State Campus Recreation includes a 5k run, 10k bike, 300yd swim, and is a reverse sprint distance to introduce participants to Triathlons. The race circles the Weber State Campus, which offers gorgeous views of the Wasatch Front as you run and bike.

<https://www.weber.edu/races/turkey-tri.html>

Wellness In 30

Health Presentations



Employee Wellness Account

www.wellsteps.com/ws-rewards

Presentations are uploaded monthly to your Employee Wellness Account.

Step into Action	Finding the Right Fitness for You	Staying Healthy Through the Holidays
<p>September</p> <p>Discover simple, practical ways to increase your daily physical activity without needing to set aside a large block of time. You will learn how small bursts of movement can significantly boost your health. Overcome the "no time for exercise" mindset and seamlessly integrate movement into your workday.</p>	<p>October</p> <p>Explore and identify fitness activities that you genuinely enjoy and that fit your personal lifestyle. Discover different types of fitness, from strength training to flexibility, that align with your preferences. The goal is to make physical activity feel less like a chore and more like a fun, personalized journey!</p>	<p>November</p> <p>Learn the essential strategies for maintaining your wellness routine during the busy and often stressful holiday season. This presentation aims to equip you with a personalized holiday wellness plan and a printable guide, ensuring you can enjoy the festivities while staying on track with your health goals.</p>

Challenges

2-Week Challenges & Campaigns



Employee Wellness Account

www.wellsteps.com/ws-challenge

Join a group challenge or engage in individual growth.

Move It! Team Campaign

Log your time spent in physical activity, which will translate to miles traveled by your team. During this campaign, you can see how your team is doing, how far you have to go to the next landmark, and how close you are to the finish line!

September 1 - October 17

Maintain Don't Gain

Log your time spent in physical activity, which will translate to miles traveled by your team. During this campaign, you can see how your team is doing, how far you have to go to the next landmark, and how close you are to the finish line!

October 20 - December 5

2-Week Challenges

Looking for ways to improve your wellbeing? Schedule a 2-week challenge at any time. While you may choose to complete any challenge, the following will complement the semester's focus of nutrition and mindfulness:

Choose from any of the following:

- 1,000 Reps
- Bring It On
- Daily 30
- Maintain Don't Gain
- Quest to 10,000
- Step It Up

Or make your own 2-week Challenge!

Fall Semester Resources

Increase Your Knowledge

Employee Wellness Account

<https://www.wellsteps.com/ws-rewards>

Use the following resources to explore the semester topic in greater detail.

Wellness Related Books

- Fitting In Fitness *
- I Know I Should Exercise But...
- Move
- The No Sweat Exercise Plan*
- The Power of Habit *
- Spark: The Revolutionary New Science of Exercise and the Brain

Vendor Presentations

- [Making the Decision to Change Your Health](#)
- [Beyond the Gym](#)
- [Healthy Weight Gain & Exercise During Pregnancy](#)

Podcasts

- [The First Principles of Starting \(or Restarting\) a Fitness Program](#)
- [Let's Get Physiological: The Science of Exercise and Physical Activity](#)
- [Food Before Exercise: What Does Science Say?](#)

TED Talks:

- [The Power of Reframing Exercise as Self-Care](#)

*Available through Employee Wellness

Wellness Workshops

Perfect Your Skills



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Learn how to incorporate healthy habits into your daily routine.

Exercise At Your Desk	Wellness 101	Wellness 101 End of Year Wrap Up
October 7 November 3 Exercising from your office can be easy. This workshop will cover cardio, strength, and stretching - all from the comfort of your chair. Participants will end the three sessions with an action plan to implement daily chair exercises. Please come dressed to move.	September 15 Provided over three sessions, this course will provide an in-depth look at the Employee Wellness program., including the Bonus and Rewards programs. These classes will be as interactive as you make it, with plenty of opportunities to ask individual questions	November 17 Master the art of layering lunches that stay fresh all week! You'll build mason jar salads and pasta jars that are perfect for grab-and-go eating: crisp, vibrant, and mess-free.

Weber Wellness Wednesdays

Support Group

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Online Attendance



Do you ever feel overwhelmed with keeping yourself healthy? What if there was a place where you could get emotional support on your health goals?

Introducing **WEBER WELLNESS WEDNESDAYS** - a lunchtime, one-hour-long support group on Zoom starting September 10th, for all WSU employees. It will utilize an open-house format, so pop in on Zoom during your lunch break, as you are able.

The subject is wellness, so please come and tell the group about your health goals! In this gathering, we will celebrate each step (large and small) taken towards better personal health!

Sessions will be lead by Angela Best, Employee Wellness Health Promotion intern.

Cooking Demonstrations

Master Your Kitchen Skills



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

In-Person Attendance

This semester's cooking series is titled "Fuel Your Fitness."

This series is designed to help you prepare delicious, high-protein meals and snacks that provide sustained energy to support an active lifestyle and keep you moving throughout the holidays and beyond

Space is limited so reserve your spot today!

Building a Better Breakfast	Fueling Before and After Exercise	Plant Based Power
September 18 November 25 During this session, we'll discuss why a high-protein breakfast is crucial for sustained energy and muscle recovery, especially on days you plan to be active.	September 25 December 2 Choosing the right kind of snacks to provide energy for a workout and aid in muscle recovery afterward. Join this class to learn how these snacks can be quick and delicious.	October 2 December 9 High-quality protein can come from various plant-based sources. We'll discuss the benefits of legumes, nuts, and seeds and how they can be a satisfying and nutritious part of any diet.

WellCats

Comprehensive Wellness Program



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Various Days and Times

In Person Attendance

WellCats is a structured 6-week program designed to promote the health and overall well-being of university faculty and staff. The program is open to all employees seeking to improve their fitness and adopt a healthier lifestyle.

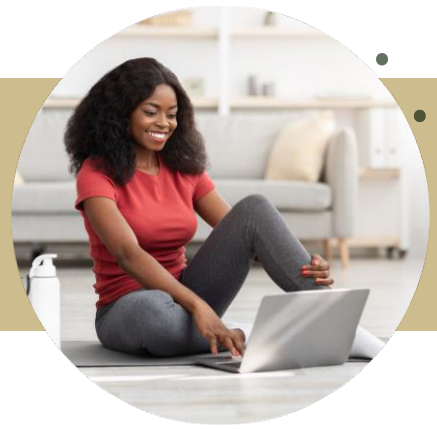
Program Components:

Initial Assessment: The program begins with a comprehensive fitness assessment. This evaluation allows for a personalized approach, ensuring that the program is tailored to each participant's specific needs and goals.

Group Personal Training: Following the assessment, participants will engage in twice-weekly group personal training sessions for seven weeks. These sessions offer professional guidance in a supportive environment, helping individuals achieve their fitness objectives.

Wellness Education: Participants will receive weekly wellness education materials delivered to their Employee Wellness Account, providing valuable resources to complement their fitness journey.

Personal Training Wellness Coaching



One-on-One Guidance

Personal Training Request On Website:

https://weber.edu/employeeewellness/personal_training.html

In Person Attendance

Training sessions will be offered over the course of 6 weeks, and you will meet with a trainer either once or twice a week. Session can occur within the Employee Wellness Annex or the Wildcat Center.

Wellness Coaching Request On Website:

https://weber.edu/employeeewellness/wellness_coaching.html

Hybrid Attendance

Wellness coaching can help those seeking ways to improve their overall well-being. A wellness coach provides support, guidance, and accountability as you make changes to your lifestyle.

During your session, your wellness coach will help you to identify your strengths, set realistic goals, develop an action plan, and track your progress. While the coach is here to facilitate conversation, it is ultimately the client who is responsible for taking action and making changes. Coaching can be beneficial for those who are overwhelmed or feel stuck when it comes to developing healthy behaviors.

Fitness Classes

Fitness For All Abilities



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Total Body Conditioning: Join us each week for a Total Body Conditioning class. Each class will work the whole body using a variety of strength training equipment. Great for beginners and those with an advanced fitness background. Classes will be held in a hybrid format.

-Taught by Tami Clark: Tuesdays & Fridays, 9:15 - 10:15 am

Yoga:* Due to its holistic nature, this class works as a stand-alone exercise regimen for those who are super busy or as a complement to a more diverse exercise program including other modes of activity.

-Taught by Bobbi Bowman: Mon/Wed, 12:30 pm - 1:20 pm

Pilates:* This mode of exercise is a great low-impact way to strengthen and tone muscles, improve posture and flexibility, increase circulation and cardiovascular strength, and unite body and mind. It will help you on your way to a stronger and healthier body.

-Taught by Claudette Halverson: Tues/Thurs, 1:30 pm - 2:20 pm

**A class fee applies to these classes. Participation in one format is \$25 per semester, or participation in both formats is \$45 per semester. Learn More Here:*

https://www.weber.edu/employeeewellness/pilates_class.html



Project Zero: Maintain, Don't Gain

Campus-Wide Challenge

No registration required

In person attendance only

Feeling overwhelmed by holiday parties and food? Our Project Zero challenge is here to help you stay on track and start the new year feeling great. Simply maintain your weight between Thanksgiving and New Year's Day, and if you succeed, you'll be rewarded with two movie tickets. This challenge is open exclusively to all benefits-eligible employees.

How to Participate

Step 1: Initial Weigh-In

November 17–26

Visit the Employee Wellness Annex (3650 Taylor Ave.) for your initial weigh-in.

Step 2: Stay Active & Mindful

Over the holiday season, focus on continuing or starting a regular exercise routine. Enjoy your meals mindfully, pay attention to reducing sugary treats, and be sure to get plenty of sleep.

Step 3: Final Weigh-In

January 5-9

Return to the Employee Wellness Annex for your final weigh-in. Employee Wellness will track your results. If you've maintained your weight, we'll give you your movie tickets at the time of your final weigh-in.

If you have a medical condition, such as pregnancy, that may prevent you from participating, please contact Employee Wellness to discuss alternative activities.

September Calendar

Employee Wellness Account

www.wellsteps.com/ws-company-calendar



Monday	Tuesday	Wednesday	Thursday	Friday
1 Move It Campaign Starts	2 Total Body Conditioning	3	4	5 Total Body Conditioning
8	9 Total Body Conditioning	10 Wellness Wednesdays @ Weber	11	12 Total Body Conditioning
15 Employee Wellness 101	16 Total Body Conditioning	17 Wellness Wednesdays @ Weber	18 Cooking Demonstration	19 Total Body Conditioning
22 Employee Wellness 101	23 Total Body Conditioning	24 Wellness Wednesdays @ Weber	25 Cooking Demonstration	26 Total Body Conditioning



WEBER STATE UNIVERSITY
Human Resources

October 7-8
9 am - 4 pm

STUDENT UNION 404A

EMPLOYEE FLU CLINIC

IT'S TIME TO GET YOUR SEASONAL FLU SHOT

***OPEN TO ALL FULL-TIME FACULTY/STAFF AND
EARLY RETIREES WITH PEHP MEDICAL
BENEFITS***

1

**REGISTER FOR YOUR
PREFERRED TIME SLOT**
• COVID SHOTS ON A FIRST
COME, FIRST SERVE BASIS

2

**ARRIVE TO YOUR SCHEDULED
APPOINTMENT**
• BRING YOUR PEHP CARD

Register here:

https://weber.co1.qualtrics.com/jfe/form/SV_bkMypV9B70DFluG

**Or scan the
QR code**



October Calendar



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Monday	Tuesday	Wednesday	Thursday	Friday
29 Employee Wellness 101	30 Total Body Conditioning	1 Wellness Wednesdays @ Weber	2 Cooking Demonstration	3 Total Body Conditioning
6	7 Total Body Conditioning	8 Wellness Wednesdays @ Weber	9	10 Total Body Conditioning
13	14 Total Body Conditioning Exercise @ Your Desk	15 Wellness Wednesdays @ Weber	16	17 Total Body Conditioning
20 Maintain Don't Gain Campaign Begins	21 Total Body Conditioning Exercise @ Your Desk	22 Wellness Wednesdays @ Weber	23	24 Total Body Conditioning
27	28 Total Body Conditioning Exercise @ Your Desk	29 Wellness Wednesdays @ Weber	30	31 Total Body Conditioning



WEBER STATE UNIVERSITY
Human Resources

Retirement Fair

Are you prepared for retirement?

Learn more about:

- Medicare
- Social Security
- Early Retirement Program

Information for all
career stages

**URS and TIAA
Consultants will be
on site**

**October 27 & 28
9:00 am - 2:00 pm**

November Calendar



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Total Body Conditioning	5 Wellness Wednesdays @ Weber	6	7 Total Body Conditioning
10 Exercise @ Your Desk	11 Total Body Conditioning	12 Wellness Wednesdays @ Weber	13	14 Total Body Conditioning
17 Employee Wellness 101 Exercise @ Your Desk Maintain Don't Gain Weigh In	18 Total Body Conditioning Maintain Don't Gain Weigh In	19 Wellness Wednesdays @ Weber Maintain Don't Gain Weigh In	20 Maintain Don't Gain Weigh In	21 Total Body Conditioning Maintain Don't Gain Weigh In
24 Exercise @ Your Desk Maintain Don't Gain Weigh In	25 Total Body Conditioning Cooking Demonstration	26 Wellness Wednesdays @ Weber Maintain Don't Gain Weigh In	27 Employee Wellness Closed	28 Employee Wellness Closed

December Calendar



Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Total Body Conditioning Cooking Demonstration	3 Wellness Wednesdays @ Weber	4	5 Total Body Conditioning
8	9 Total Body Conditioning Cooking Demonstration	10 Wellness Wednesdays @ Weber	11	12 Total Body Conditioning Wellness Program Closes
15	16	17	18	19
22	23	24 Employee Wellness Closed	25 Employee Wellness Closed	26 Employee Wellness Closed
29 Employee Wellness Closed	30 Employee Wellness Closed	31 Employee Wellness Closed		

Employee Wellness Team



Raeanna Johnson
Employee Wellness &
Benefits Manager



Katie Burrup
Employee Wellness
& Benefits Specialist



Tami Clark
Personal Trainer
& Assistant



Ayden Jensen
Employee Wellness
Technician



Shelby Dunn
ESS Intern



Angela Best
HPHP Intern



**Bobbi
Bowman**
Yoga Instructor



**Claudette
Halverson**
Pilates Instructor