

*A division of
Human Resources*



***Employee
Wellness***

Summer Semester Guide

2026

Semester Focus: Movement That Fits Your Day



Summer often brings schedule changes, vacations, and competing priorities—making consistency harder, not easier. This semester focuses on Daily Movement as a grounding habit that supports energy, mood, and stress management. The emphasis is not on workouts or fitness challenges, but on finding realistic ways to move throughout the workday and beyond, even when time is limited.

May: Movement for Desk Jobs

Sitting for long periods doesn't have to mean being inactive. This month focuses on simple, effective ways to incorporate cardio, strength, and stretching into your workday that can be done at your desk.

June: Play & Outdoor Movement

Movement doesn't have to feel like exercise to be effective. Explore low-pressure, enjoyable activities like walking, golf, pickleball, and hiking as a way to stay active while taking advantage of the summer season.

July: Strength for Everyone

Strength training can be accessible and beneficial at any stage of life or health status. This month highlights adaptable approaches to building strength for individuals managing chronic conditions, asthma, arthritis, or other limitations.

August: Movement When You're Tired or Busy

Busy schedules and low energy can make movement feel out of reach. Learn how short, manageable bursts of activity can help maintain consistency and support your energy, mood, and overall well-being.



Wellness in 30 Health Presentations

Employee Wellness Account

www.wellsteps.com/ws-rewards

Presentations are uploaded monthly to your Employee Wellness Account.

May: Movement for Desk Jobs

Feeling stiff, tired, or sore after a day at your desk? Learn how small “movement snacks,” simple stretches, and realistic daily habits can improve energy, posture, focus, and long-term health without adding intense workouts to your schedule. Discover practical ways to build movement naturally into your workday and reduce the physical and mental strain of prolonged sitting.

June: Moving Beyond the Gym- Finding Fitness Through Play and Recreation

This presentation will focus on how outdoor play and recreational activities can be an effective and enjoyable way to stay physically active. Participants will learn how to make movement enjoyable by moving beyond traditional workout routines.

July: Strength Training for Managing Aches, Pains, and Chronic Conditions

Learn how strength training can help improve mobility, reduce pain, and support overall health for individuals experiencing everyday aches, chronic pain, and long-term health conditions. Participants will learn how properly designed strength-training programs can improve muscle strength, joint stability, physical function, and quality of life while helping to manage chronic conditions safely and effectively.

August: Exercise In A Pinch

Not all workout plans are created equal. Learn how to make the most of your time through high intensity interval training. Follow along with an engaging, calorie torching 7-minute workout.



Challenges

2-Week Challenges & Campaigns

Employee Wellness Account

www.wellsteps.com/ws-challenge

Join a group challenge or engage in individual growth.

Circuit While You Work It

Each week, you will be provided with a new type of exercise that can be completed at your desk.

During the last two weeks of the challenge, your goal will be to incorporate all 6 exercise into a full-body circuit.

July 6 - August 23

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 habits:

- 1,000 Reps
- Bring It On (wearable device required)
- Daily 30
- Go for the Goal
- Step It Up
- Quest to 10,000
- Or make your own 2-week challenge

Summer Semester Resources

Increase Your Knowledge

Employee Wellness Website

www.weber.edu/employeehealth/semester-learning-path.html

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

Wellness Related Books

- Fitting In Fitness*
- The Joy of Movement
- I Know I Should Exercise, But...
- The Miracle Pill
- MOVE!
- The No Sweat Exercise Plan*

*Available through Employee Wellness

Vendor Presentations

- Blomquist Hale: Time Management
- PEHP: Beyond the Gym
- PEHP: Habits of Resiliency

Wellness Related Podcast/TEDTalks

- 40+ Fitness Podcast: The First Principles of Starting (or restarting) a Fitness Program
- Unbiased Science Podcast: Let's Get Physiological: The Science of Exercise and Physical Activity
- TEDTalk: Why Working Out Isn't Working Out
- TEDTalk: The Power of Reframing Exercise as Self-Care

Daily Routines and Habits

Use this check sheet to help you fully explore this semester's topic

Summer Semester Learning Path

Increase Your KNOWLEDGE

- Wellness In 30 May- Movement For Desk Jobs
- Wellness In 30 June- Finding Fitness Through Play and Recreation
- Wellness In 30 July- Strength Training for Managing Aches, Pains, and Chronic Conditions
- Wellness In 30 August- Exercise In A Pinch
- Read a Wellness-Related Book
- View a Vendor Presentation
- Listen to a Wellness-Related Podcast

Perfect Your SKILLS

- Summer Fitness Series
- Stride Into Wellness- 5K Training Series

PRACTICE

- Complete a 2-Week Challenge
- Complete the Circuit While You Work It Campaign

This Semester's RESOURCES

Books

- Fitting In Fitness
- The Joy of Movement
- I Know I Should Exercise, But...
- The Miracle Pill
- MOVE!
- The No Sweat Exercise Plan

Podcasts

- 40+ Fitness Podcast: [The First Principles of Starting \(or restarting\) a Fitness Program](#)
- Unbiased Science Podcast: [Let's Get Physiological: The Science of Exercise and Physical Activity](#)
- TedTalk: [Why Working Out Isn't Working Out](#)
- TedTalk: [The Power of Reframing Exercise as Self-Care](#)

Vendor Presentations

- Blomquist Hale:
 - [Time Management](#)
- PEHP:
 - [Beyond the Gym](#)
 - [Habits of Resiliency](#)

A photograph of a man and a woman kayaking on a river. They are wearing life jackets and paddling. The background is lush green foliage.

Summer Fitness Series

June

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

June: Sports Conditioning

The summer months are a great time to get outside and explore fitness in nature.

Paddleboard Fitness:

Prepare your body for the water with Paddleboard Conditioning & Stretch, a class designed to improve the strength, balance, and flexibility needed for stand-up Paddleboarding. This session focuses on the key muscle groups used while paddling.

June 3 & 4

Pickleball Fitness:

Improve your performance on the court with Pickleball Conditioning, a fitness class designed to help players move better, react faster, and stay injury-free while playing Pickleball.

June 16 & 18

Golf Fitness

Improve your performance on the course with Golf Fitness, a class designed to help golfers build the strength, mobility, and balance needed for better golf mechanics and reduced golf-related injuries.

June 23

Hiking Fitness:

Get trail-ready with Hiking Conditioning, a class designed to build the strength, endurance, and stability needed for enjoyable and safer hikes.

June 24 & 25





Summer Fitness Series

July

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

July: Strength for Everyone

Chronic aches and pains, or chronic illness, shouldn't prevent you from engaging in gentle movement.

Chronic Shoulder, Neck & Back Pain Conditioning:

Using low-impact conditioning, corrective exercises, and guided mobility work, participants will build core and upper-body stability, improve flexibility, and develop better movement patterns to support daily activities and long-term comfort.

July 1 & 2

Renew and Restore: Joint-Friendly :

This exercise class is designed for individuals managing chronic conditions such as arthritis, autoimmune conditions, diabetes, and plantar fasciitis.

July 14 & 16

Exercising with Asthma:

This class will help individuals with asthma exercise safely and confidently while improving overall fitness through proper breathing techniques, gradual conditioning, and understanding how the body responds to physical activity.

July 27

Functional Conditioning for Chronic Health:

Through functional exercises, mobility work, and controlled conditioning, participants improve stability, energy, coordination, and confidence while building healthy movement habits for daily life.

July 29 & 30





Additional Summer Activities

More Ways to Play

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Pickleball Tournament

Join us for a fun and friendly pickleball tournament played in a round robin format! Each team or player will have the opportunity to compete against multiple opponents, guaranteeing plenty of games and court time for everyone. Matches will be played as one game to 11 points, win by 2, helping keep the tournament moving smoothly and on schedule. Final standings will be based on overall wins, with top teams advancing if a championship round is needed. Come enjoy some competition, movement, and community fun!

June 18

Discovery Trail Hike

Join Employee Wellness for a hike on a trail near campus. The Discovery Loop trail is a one-mile route through the foothills just above campus. Participants joining the hike should come prepared for light to moderate outdoor activity. This hike is designed to be enjoyable and beginner-friendly, while allowing participants to move, breathe fresh air, and enjoy the outdoors at a comfortable pace.

June 26

5kFun Run/Walk

Kick off the school year with energy at our upcoming campus 5K fun run, taking place the week before classes officially begin! Grab your friends and enjoy a scenic, untimed route that starts at the iconic Bell Tower, winds through campus, and loops right back to where you started. Whether you're a seasoned runner or just want to walk and take in the sights, all skill levels are welcome to join the excitement!

TBD





Stride Into Wellness

One Step At A Time

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

This 9-week wellness program is designed to help participants safely prepare for a 5K walk/run while building sustainable wellness habits. Through gradual training, participants can expect improved endurance, strength, mobility, balance, energy levels, sleep quality, and overall fitness while reducing the risk of injury. The program can help those who have never ran a 5K, would like help improving their 5K time, or for those who would like to improve their walking capabilities.

Participants will learn more about:

- Proper footwear
- Stretching
- Strength training,
- Nutrition, hydration,
- Recovery techniques

Interested participants should attend the Stride Into Wellness Kick Off Meeting June 16. After the initial meeting, presentations or in person meetings will occur weekly. Attendance to all sessions is not mandatory.

Once the program concludes, all participants are invited to join the rest of campus for a 5K Fun Run./Walk to kick off the Fall Semester.

June 16-August 11



Cooking Demonstrations

Master Your Cooking Skills

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Turn snack time into an adventure with this three-part cooking demonstration series focused on creating simple, flavorful snacks featuring fruits, vegetables, and whole grains.

Fruit Based Snacks that Satisfy

Fruit snacks do not have to mean plain apples or another boring granola bar. In this hands-on class, participants will learn how to create colorful, satisfying snacks using fresh fruit paired with protein, fiber, and healthy fats for better energy and fullness.

June 23

Vegetables Beyond Salad

This session focuses on simple snack ideas that make vegetables easier to enjoy throughout the day, including dips, roasted snacks, and grab-and-go options that work for busy schedules.

July 9

Whole Grain Adventure Snacks

Whole grains can provide lasting energy, improved fullness, and more variety than many people realize. Participants will prepare popcorn mixes and other grain-based snack creations, this session highlights practical upgrades to everyday snacking habits.

July 22





Balance Breaks

Refreshing the Mind, Connecting with Others

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Step away from your screen for a social activity.

We are excited to launch Balance Break, a new monthly series designed to help you hit the pause button and prioritize your wellbeing. Each session offers a fresh way to unwind, revolving around a different theme.

Duck Pond Walk

Take a mid-day break and enjoy a relaxing walk around the duck pond while visiting Weber's newest campus residents. Duck food will be provided, making this a fun way to get outside, move your body, and connect with others during the workday.

June 24

Bingo

Step away from your desk and join us for a lighthearted round of Bingo! Small prizes and plenty of good vibes included.

July 15

Puzzles and Puzzle Exchange

Slow down and recharge with puzzles, conversation, and a little community fun. Employees are invited to help build a variety of community puzzles or bring a gently used puzzle to exchange for something new. Drop in for a few minutes or stay awhile

August 19



Coaching and Training

One-on-One Guidance

Employee Wellness Website

<https://www.weber.edu/employeehealth/coaching.html>

Personalized coaching to help you reach your goals faster.

Wellness Coaching


Wellness coaching is intended to be used as a goal-setting tool to help you adjust to your current work situation. Participants can meet with a coach to explore ways to improve in the areas of exercise, nutrition, sleep and time management. Each week you will meet with your coach online to review how your week went, if you accomplished your goal and to develop a new goal.

Nutritional Coaching

Nutritional Coaching is a six-week coaching program designed to help employees make small, sustainable dietary changes that align with MyPlate.gov guidelines. Through weekly online sessions, participants will work one-on-one with a coach to set achievable nutrition goals, track progress and adjust strategies to fit their unique work and lifestyle demands.

Personal Training

Personal training through Employee Wellness is intended to provide you with detailed instruction and hands-on practice with an exercise program. Over the next six sessions, you will meet with your trainer and execute your exercise program based on your training goals.





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 participate in both formats for \$45 per semester. Learn More Here: <https://www.weber.edu/employeewellness/group-exercise-classes.html>*



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