Ambassador Training Tuesday, November 10

Please remember the Wellness Ambassador Training and Lunch, 12:05-12:55 Tuesday, November 10. We will be giving you your stability ball and tennis balls...so of course the theme is "Have A Ball!" We will instruct on exercises using the [stability ball](#) and do a [myofascial release](#) session with the tennis balls. Check out the video links to see what it's all about and to forward on to your group.
Challenge of the Month
Maintain Don't Gain

Most Americans gain an average of 1-2 pounds during the holidays. While this may not seem like a lot, these "bonus" pounds can add up over time. We've teamed up with UC Living Well and Kaiser Permanente to bring you Maintain Don't Gain, an 8-week program to help you stay focused on eating healthy and fitting in exercise—so you can keep off those extra pounds. The 8-week program runs November 16 through January 8. Registration opens online November 9. Ambassador Karen came up with a great group activity: Use the group pledge, set a personal weight loss or maintain goal and then add the goal numbers together to see if the group can reach that goal as a team! For instance, Jennifer says 1 lb loss, Joe says 2 lb loss, Sally says maintain, Tom says 4 lb loss = 7 lbs. At the end, as a team they must come in at that accumulative number 7 lb loss. Some may do better than their goal and some not as well...it's a team effort!

App of the Month
Seven Minute Workout

5 Reasons it Works:
1. You don't have the inconvenience excuse (USE your breaks!).
2. You don't have the time excuse.
3. It's a two-for-one deal, cardio and targeted muscle groups.
4. It works your body in the right sequence but differently to keep it interesting.
5. Interval training is designed to make the most of your time.

PDF of Seven Minute Workout

Website of the Month
The Greater Good Gratitude Page
Four Great Gratitude Strategies
Take the Gratitude Quiz

Article of the Month
20 Super-effective Stability Ball Exercises
Pass the ball you receive and this article around your workplace--pick your top five to teach your group!

The Ball as a Chair Debate
Using the stability ball as a chair may not be all it's cracked up to be.....

Activity of the Month
Friday, November 20, 10:00-2:00 Visit the therapy dogs at the MU patio to help de-stress your day. VIDEO & Why are animals "therapy"?
Visit our Facebook page to share ideas and triumphs! Thanks Ambassador Valerie for setting up such a great page!

November Wellness Calendar...

Davis Campus:

- Estate Planning...A Caregiver's Workshop: November 5, 12-1, SCC MPR
- Self-Reflexology for Stress Reduction and Wellness: December 3, 12-1, SCC MPR
- LEARN MORE

UCDHS Campus:

- Nutrition Class "To Carb or not to Carb" Monday, November 9
- Designing Your Financial Roadmap Tuesday, November 10
- LEARN MORE

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