

FitBiz Corporate Wellness On-site Programming

Fitness Classes (Single class sessions or 4-6 week series)

Barre

Fusing the best of Pilates, yoga, aerobics and elements of the strength training exercises professional dancers do, this full-body blend of movements challenges your core, strength and stability.

Boot Camp

This class will keep you guessing and will provide a different challenge each time! Workouts are designed to improve your overall fitness – strength, cardio, speed, agility, balance and core by using bodyweight exercises and cardio intervals.

Butts & Guts

A glute, leg and abdominal workout geared to strengthen and define the muscles of the lower body and core.

Core & More

Improve your posture and strengthen your core with low-impact, bodyweight exercises that target the abs, back, glutes and hips.

Functional Fitness

This low impact class combines cardio training with body weight exercises designed to help you improve muscular strength and endurance, bone density, balance and flexibility. Finish the class with core strengthening exercises and a great stretch for a complete and functional workout.

Mat Pilates

Think “long lean body.” This class focuses on strength and flexibility of the entire core and is based on the traditional studies of Joseph Pilates. The exercises combine a variety of Pilates poses and stretches to strengthen your core and lengthen your muscles.

Relaxing Flow Yoga

Connect your mind, body and breath to just PAUSE. Welcome to a relaxing yoga session where gentle poses meet calm music, creating an experience as unique as you. Embrace the calmness of this relaxing flow yoga class as you increase strength and flexibility while at the same time reducing daily stress.

Strength & Stability

A full body strength and conditioning class using a variety of body weight and strengthening exercises that help build muscle, core stability, and balance.

Tension Release Breaks

Improve productivity, alleviate stiffness and increase your energy level in just 15 minutes. Take a break from sitting and join your co-workers by doing gentle stretching and movement exercises that will get you on your feet and feeling refreshed! Tension Release Breaks can be done as a group or for individual work departments.

Wellness Walks

Enjoy a sensory hike with a focus on color, pattern, sound and scents of nature. Just walking outside has positive physical and mental effects such as lowering blood pressure, decreasing stress and increasing positive emotions.



Work Day Yoga

Prolonged sitting is a health crisis! Long periods of immobility, like the 8-hour work day, have detrimental effects on your health. Frequent low impact exercise, such as yoga, can prevent and reverse these effects. Learn simple yoga-based movements to use throughout the day to overcome stiffness, loss of lean muscle and imbalance.

Yoga for Every Body

Whatever your fitness level, you can enjoy the benefits of yoga. Yoga increases flexibility and strength while reducing stress and tension. No need to be intimidated, this class introduces a gentle sequence of poses that can be done anytime. Poses can be modified for those with injuries or physical limitations.

Zumba

A dance fitness workout that anyone can do. Leave your inhibitions at the door, grab a hold of some attitude and enjoy the sounds of Latin and international rhythms. Combine simple moves with motivating music and experience an exhilarating calorie burning, body energizing class!

Zumba Lite

Designed for the beginner and/or individual just starting an exercise program. This invigorating low impact class uses the same great Latin styles of music and dance as Zumba, and lets you move to the beat at your own speed! Zumba Lite strives to improve balance, strength, flexibility and most importantly, the heart.

Fitness Assessments

InBody

Body composition (percent fat and lean body mass) reflects the results of both physical activity and nutritional practices. Body weight alone can be very misleading. Even though we need a certain amount of fat in our bodies to ensure good health, excess body fat has been found to increase the risk of diseases such as cancer, diabetes and heart disease. Only by accurately measuring body composition do you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. InBody assessments are performed at the Dublin Community Rec Center.

Health Coaching

Work with a certified Wellcoach to help you get “unstuck” and make true progress towards better health and wellness. Working with a coach offers you a non-judgmental approach that provides a profound level of support and guidance to help you achieve your goals for long-lasting lifestyle change. Whether your goal is to lose weight, find balance, or get more out of life, wellness coaching is one of the most effective approaches to help people make and sustain improvements in their well-being.

Wellness Presentations (30-60 minutes)

Breathe Better, Feel Less Stress

Breathing is a continual process. When your mind perceives stress, your breathing pattern changes which can keep you in a state of chronic stress. But the opposite is also true and can be used to your advantage. Control your breathing and you can control your body's response to stress.

Build your own Exercise Program

Put together a workout program without fancy equipment that works for you.

Building Habits and Motivation

Learn about building health and wellness habits! Participants will explore their stage of change for personal habit goals, map out habit actions, and explore habit rewards.



Building Movement into your Work Day

Learn how to build movement into your workday by seeking out opportunities in your day-to-day routine. Create a lifestyle at work that promotes better health, helps reduce stress and increases productivity. Come prepared to learn and move from time to time. Exercise clothing is not required.

Calories In vs. Calories Out

Learn how the amount of calories you consume vs. the amount of calories you expend play a role in achieving or maintaining a healthy weight. You will also learn how to estimate a healthy calorie intake for your specific needs and goals.

Chair Yoga

Practice gently stretching and chair yoga with resources to continue on your own.

Choose My Plate

Participants will learn to eat sensibly by using MyPlate as a guide. Each of the 5 food groups will be discussed. Participants will review their current eating plan and explore ways to add fruits and vegetables when meal planning.

Cooking Demonstration

Learn how to make nutritious food that is not only healthy but still full of flavor. Demos can be customized to your needs and interests (e.g. snacks, salads, lunch, dinner, sides, desserts, etc.)

Creating a Healthy Pregnancy

Learn how to create a healthy pregnancy by being mindful of your body, understanding proper exercise guidelines and creating healthy eating habits.

Creating Healthy Habits

Create new habits that stick by learning how to set and achieve goals through behavior modification techniques. You will learn how to identify and overcome barriers that generally hold you back.

Do's and Don'ts of Dining Out

This presentation will help you feel prepared for any dining out situation. Learn how to still achieve your goals of eating healthy while enjoying meals outside the home.

Everyday Mindfulness

Explore how you can apply the art of mindfulness into your life to increase calm and well-being.

Exercise for Stress Management

You have heard that you can use exercise to manage your stress. But not all types of exercise provide the stress relieving effects that you may want. How you spend your day will determine the type of exercise you need.

Exploring Gut Health

Explore the importance of gut health and how it can impact many aspects of living a healthier lifestyle and feeling your best. Learn what it takes to keep your gut in proper balance with good nutrition.

Fall into Fitness and Health

Check out some tips for recipes and activities to keep you going this fall.

Finding your Happy Weight

The scale isn't the only source of stress when it comes to weight loss. Find balance in life in the areas of nutrition, exercise and stress, all of which have an impact on our weight and happiness.

Fueling your Family

Discuss tips on keeping your family fueled and ready for the day.



Getting Ready for Summer

Share tips for outdoor activities, grab and go breakfasts, and fast grill friendly meals.

Getting Started with Physical Activity

Is staying active a struggle? You're not alone! Identify barriers to being active, and create a personalized plan that fits your energy, interests, and schedule.

Healthy Eating on a Budget

Learn tips to save at the grocery store, create shopping lists, and plan meals.

Healthy Holiday Eating

Explore ways to make holiday recipes more healthy with ingredient substitutions and learn how to stay on your eating plan during the holidays. Taste testing can be included if desired.

How to Stay Active at Home

Get creative with ideas to fit in exercise and boost productivity when working from home.

Hydration 101

We all know that drinking water is important to our health, but why is it important and what does it do for us? Learn about different ways to water your body, how much water you should be drinking each day, why soda and other sugary beverages should be limited, and how to increase your flexibility.

Improving your Posture

We will look at "good posture" and how to correct "poor posture". Learn exercises to help you keep your posture in good shape.

Kick the Sugar Habit for Good!

It's no surprise that most Americans today are addicted to sugar. Be inspired to positively change your relationship with sugar and to finally control what you eat and drink. Understand what causes our uncontrollable cravings and learn how to reduce them naturally over time.

Managing Stress

The key to stress management is awareness of its impact on your health in the present moment. A variety of management strategies will be discussed that create mindful awareness.

Meal Planning

Plan and prep weekly meals to control portions, save time, and avoid eating hidden calories.

Mindful Eating

Do you ever eat while driving? At your desk? While you're watching TV? Mindful eating involves slowing down, focusing and learning to savor your food. Become a more thoughtful eater and truly enjoy mealtime.

Overcoming a Weight Loss Plateau

Do you feel like you have been doing everything right, but it seems like you are not making progress? Learn four factors that could be your key to weight loss.

Portion Distortion and Label Reading

This interactive session will explore how portions have changed over the years in the American diet. Learn what a true portion size is and an easy method to identify proper portion sizes. Participants will also learn to read and understand food labels.



Spring into Wellness

As we move into the spring season, let's spring into action with goals to re-energize your fitness, nutrition, and overall well-being.

Strengthening your Immune System

Day to day choices can impact our immune system response more than we think. In this session, learn how and what you can control to strengthen your immune system.

Stress and your Health

Positive and negative events in our life create stress. But what is the impact of stress on our health? Each body system is affected. When you understand how stress affects your mind and body, you can begin to recognize its impact on your health. (* Could also incorporate a 30 minute presentation and 30 minute yoga/stretch activity).

Sugar Facts

Examine the added sugar content in foods and beverages by reading food labels. Participants will learn about the recommended daily amount of sugars for adults while also discovering healthy alternatives and substitutes.

Take a Relaxation Break

Learn about and practice various relaxation strategies for better stress management.

The Gift of Gratitude

Learn how to meaningfully incorporate gratitude into your everyday life! Participants will review research on gratitude, try a few simple practices, and identify realistic gratitude routines.

Tobacco Cessation

Discuss strategies and create a plan to quit for good.

Tracking: Tools to Maintain Motivation

Learn the many ways tracking can support your health goals, and create personalized tracking systems to visualize your progress!

Weight Loss: Looking Beyond Diet and Exercise

Have you tried to change your diet and exercise but the weight just won't come off? We will discuss other factors that can help you budge the scale in the right direction.

Well-Being and Resilience at Work

Discover strength-based strategies individuals and teams can use to increase well-being and resilience at work.

Winter Well-Being

Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.

Nutrition Services

Nutrition Counseling

Nutrition counseling provided by a registered dietitian helps participants make healthy food choices with an emphasis on lifestyle changes which result in weight loss and improved health. Sessions also include healthy meal planning and recipes.

Dublin Community Recreation Center Corporate Membership Rate:

\$285.00/year (\$24.75/month) per individual

** *Current pay stub required*



Corporate Volunteering

Giving back, involvement in and caring for our communities are vital efforts in our world. Corporate social responsibility is not only the right thing to do, but a key aspect in employee morale, retention and overall satisfaction. Depending on a company's goals, we will work together to match you with a community need. Volunteers may help with parkland, gardens, waterways and nature education; create safe bicycling initiatives; work with children, seniors or those with special needs for recreational programming; help with massive special event duties; measure technology effectiveness and customer service; and offer helping hearts, hands and minds for special projects. If looking for volunteer opportunities for your employees, we can help!

Contact Us

The City of Dublin cares about the health and wellness of our corporate citizens. It's no secret that healthy employees are happier and more productive employees with improved employee morale. By providing wellness opportunities for your workforce, your investment will benefit both your employees and your bottom line. We look forward to working with you!

Mollie Steiner, Administrator

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