

FitBiz Corporate Wellness Programs

Onsite or Virtual Fitness Class (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.

Bodyweight Workout

Explore the power of bodyweight exercises in a workout that's perfect for any fitness level! Learn to stay active and strong – no equipment required.

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.

Box & Build

Unleash your inner fighter and build strength in this high-energy, full-body workout. Box & Build combines fun boxing combos with dynamic strength training to burn calories, build muscle, and punch your stress away. All fitness and skill levels are welcome!

Butts & Guts

A 45-minute 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.

Dance Fitness

A high-energy workout that combines various dance styles like Latin and hip-hop with cardio exercises set to upbeat music. You'll be having so much fun you won't realize how many calories you're burning!

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.



Recreation Services



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Sustainable | Connected | Resilient

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.

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 health coach 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.

On-site or Virtual Wellness presentation (30 minutes) — offered by Health Coaches from The Ohio State University Wexner Medical Center and The OSU Health Plan. **All Virtual presentations include a recording of the presentation.*



**THE OHIO STATE
UNIVERSITY**

WEXNER MEDICAL CENTER



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UNIVERSITY**

HEALTH PLAN SOLUTIONS

Breathe Better, Stress Less

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. Learn and practice a variety of breath exercises that can reduce stress and promote resilience, focus, and calm.

Building and Maintaining Effective Habits

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and current state of readiness for change.

Burn, Build and Boost: The Benefits of Circuit and HIIT Workouts

Explore how to incorporate circuit training and high-intensity interval training (HIIT) to help burn fat, build muscle, and boost overall fitness efficiently.

Chair Yoga

A gentle, yet effective, way to stay active! Learn the benefits of yoga, get resources to continue your practice, and do a 15-minute chair yoga flow session.

Cooking Demonstrations

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.)

Exercise for Stress Management

Learn more about the connection between exercise and stress relief and why exercise should be a part of your stress management plan.

Five Ways to Know You're at Your Happy Weight

Finding your happy weight is about feeling your very best in your own body. Learn simple steps you can take to reach your happy weight.

Hack your Snack

Master the dos and don'ts of snacking with tips for balance, nutrition, and well-being – tasty snack samples included!

Healthy Eating on a Budget

Discover how to eat well on a budget with simple steps for shopping and meal planning.

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.

Lunch Prep for Lasting Energy

Save money and simplify meal prep with easy lunch packing ideas. Discover the benefits and get inspired to create delicious, hassle-free meals to fuel your day.

Mastering Meal Planning

Meal planning made easy – save money, stay organized, and create delicious meals your family will enjoy.

Mindfulness and Meditation

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

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.

Quit Quest – A Path to a Nicotine Free Life

Learn strategies and map your steps towards quitting with insights on cessation products and medications, behavior-change guidance, and supportive resources.

Rethink Your Drink

Understand how to make better drinking choices by understanding calories, sugar, caffeine, and the impact of dyes and alcohol.

Salad Bar in a Jar

Learn creative ways to kick your salads up a notch and plan/prepare salads for the week.

Sleep Well for Wellness

Discover why sleep is the foundation for all wellness and discuss strategies for a restful night's sleep.

Spark and Sustain Motivation

Learn how to navigate and anticipate the ups and downs of motivation for long-term goals with strategies to refresh interest and to gain energy for the efforts.

Strengthening your Immune System

Strengthen your immune system with simple daily strategies for nutrition, exercise, stress, and sleep.

Stretching and Recovery

Review the benefits of stretching and participate in a brief stretch break with movements you can do during your workday.

The Gift of Gratitude

Research shows gratitude benefits us mentally, emotionally, physically, and socially. Learn how to experience these benefits with simple practices.

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.

Wellness and Resilience at Work

Build work resilience by understanding stress, preventing burnout, and creating a plan to support wellness for yourself and your team.

Wellness – Reviewing the Holistic Approach

Go beyond fitness and nutrition by exploring all dimensions of wellness and setting goals to create a balanced, healthy, and happy life.

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.

Virtual Mental & Emotional Wellness presentations offered by Syntero

**All Virtual presentations are 45 minutes with 15 minutes of Q&A.*



General Topics:

Caring for Yourself While Caring for Others: Combating Compassion Fatigue and Burnout for Parents and Caregivers

Participants will learn about mental and emotional wellness, different types of stress reactions and their impact on functioning, and strategies to reduce the risk of burnout and compassion fatigue.

Navigating Grief & Loss

Participants will learn about common reactions to grief and loss, stages of grief, and the tasks of mourning. The discussion may also include considerations in navigating unique challenges in our grief process based on circumstances surrounding an experience of loss.

The Importance of Connection In a Disconnected Era

Loneliness and isolation may seem like foreign concepts during a time when technology gives us the feeling of being connected 24/7. Examine the impact of isolation, the importance of connections, and practical steps to make genuine connections and improve overall health and well-being.

Parenting:

Communication with Your Teen

Navigating interactions with adolescents can be challenging. Learn to listen through the noise and hear what teens are trying to communicate. Join the discussion and learn practical skills for engaging in meaningful conversations with your teens.

Zones of Regulation at Home

Gain knowledge regarding Zones of Regulation concepts. Learn practical strategies to help children regulate their emotions in order to enhance healthy decision-making skills and their ability to communicate needs effectively.

How to Talk to Your Kids Series *(offered as a series or by individual topics)*

How to Talk with your Child about Race

Learn how to talk to your child about racism, cultural diversity, and inclusiveness.

How to Talk with Your Child about Sex

Learn how to make talking about sex with your child less scary and more comfortable. Discuss the importance of being an "askable parent" and how to become one, and learn how to keep the conversations around sexual health more positive and less shameful.

How to Talk with Your Child about Substance Use and Refusal Skills

Learn how to talk with your child about drug and alcohol use and how to say "no" to negative peer pressure messages.

*** Topics can be developed by request. Areas of expertise include: Parenting, Mental Health, Mental Wellness, Stress Management, Building a Trauma-Informed Culture and Suicide Prevention.**

Dublin Community Recreation Center Corporate Membership Rate:

\$300.00/year (\$26.00/month) per individual **current paystub 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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