



## UC SAN DIEGO HEALTH EMPLOYEE WELLNESS PROGRAM

UC San Diego Health provides free and discounted programs to all UC San Diego Health employees.

### FREE Programs

#### 5-WEEK EMPLOYEE WELLNESS PROGRAM

We come to you! Weekly meetings led by a certified health professional to educate participants in wellness topics that facilitate small changes to improve one's lifestyle. Topics include workplace movement, stress reduction and nutrition. Available to all departments upon request.

#### MYOFASCIAL RELEASE BALLS

Tools used to ease the stresses and tightness in muscles from overuse and being in fixed positions during the workday. Schedule a 10-minute demo for your department; each participant leaves with their own stress-relieving ball!

#### GET UP TRITONS!

Two daily emails led by certified fitness instructors to keep the body moving during the workday. Register at [recreation.ucsd.edu/wellness-services/get-up-tritons/](http://recreation.ucsd.edu/wellness-services/get-up-tritons/)

#### ONSITE FITNESS CLASSES

Weekly classes including Pilates, Yoga, Zumba and Mindfulness at the La Jolla and Hillcrest medical campuses for employees of all levels and abilities. Schedules can be found at [ucsdhswellness.blogspot.com](http://ucsdhswellness.blogspot.com). Are you at an off-site location and would like a class at your office? We will come to you!

#### WARM-UP TO WORK

10-minutes designed to prepare staff for the workday. Particularly helpful for, but not limited to, employees who move and lift during their workday. Colleagues are led through a series of stretches and dynamic movements by a certified UCSD FitLife instructor. Any department may request this on-site service.

#### WELLNESS AMBASSADORS

For individuals who would like to create a culture of health and wellness at UC San Diego Health. They share fitness and wellness programs to their department and provide health and wellness ideas to improve the UC San Diego Health Employee Wellness Program.



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## Discounted Programs

### 24 HOUR FITNESS

Employees and up to six family members or friends are eligible for a membership discount at their local health club.

### THE YMCA

\$50 initiation fee waived at any of the 18 San Diego locations.

### UCSD MINDFULNESS BASED STRESS REDUCTION

The 8-week MBSR course teaches you how to cultivate a better relationship with areas that challenge you. Mindfulness cultivates the ability to be non-judgmental, patient and present. Health employees are eligible for a 50% course subsidy.

### UCSD WEIGHT MANAGEMENT PROGRAM SUBSIDY

An effective program with options including the 12-week Lifestyle Weight-Loss Program, Phase II and Phase III Maintenance.

### GET FIT WITH A UCSD RECREATION MEMBERSHIP

Rec memberships include access to all Rec facilities and discounts on classes, passes and outdoor adventure trips. You must enroll in monthly autopay to receive a membership for \$18/month. For more information call (858) 534-3557 or visit <https://recreation.ucsd.edu/membership/>.