



## Well-Being Activities Description List

The Activities Description list is divided into different areas: Healthy Behaviors and Emotional Well-Being.

- To order an activity complete the [Activities Request Form](#) and email the completed form to [Well-Being@sfgov.org](mailto:Well-Being@sfgov.org).
- Activities are eligible for points on the Well-Being@Work Awards: Most activities are worth 1 point, but series and ongoing classes may be worth more.
- For questions about ordering activities, please review the [FAQs](#).
- For additional questions about the activities, email [Well-Being@sfgov.org](mailto:Well-Being@sfgov.org) or call (415) 554-0643.



### Healthy Behaviors: Screenings & Coaching

Activity& Provider	Description	Notes
Advanced Health Screening KP	Do you know your numbers? Attend the Health Screening and discover your numbers for five major health risks factors: cholesterol, glucose (finger stick blood draw), blood pressure, weight, and body composition. Learn how your measurements compare to the healthy range and what behaviors impact them. Each screening takes approximately 20 minutes.  Employees can use sick time to attend a screening with manager's approval.	6 to 8-week lead time.  30-person minimum.  Consider combining with a Wellness Coaching option to maximize the impact.  Will need to determine how appointments will be scheduled and add instructions to the promotional materials – paper and online scheduling tools are available.
Basic Health Screening KP	Do you know your numbers? Attend the Basic Health Screening and discover your numbers for three major health risks factors: blood pressure, weight, and body composition. Learn how your measurements compare to the healthy range and what behaviors impact them. Each screening takes approximately 10 minutes.  Employees can use sick time to attend a screening with manager's approval.	3-hour minimum.  6 to 8-week lead time.  Consider combining with a Wellness Coaching option to maximize the impact.  Will need to determine how appointments will be scheduled and add to the promotional materials – paper and online scheduling tools are available.



Activity& Provider	Description	Notes
Goal Setting with a Wellness Coach  KP	Make an appointment to meet one-on-one with a Wellness Coach. During your 20-minute appointment you can review the results of your health screening and set a personal wellness goals around healthy eating, weight management, physical activity, or managing stress.	4-hour minimum.  6 to 8-week lead time.  A confidential space is needed for the coach to meet with each participant.  Will need to determine how appointments will be scheduled and add to the promotional materials – paper and online scheduling tools are available.
Small Group Coaching Series  KP	Join a small group coaching session today. The group will consist of 5-10 individuals supported by a Wellness Coach over the course of 6 weeks. Appointments can focus on healthy eating, weight management, physical activity, and or managing stress. They last 20 minutes and are scheduled every other week. During the time with the Coach, you will set goals, discuss potential challenges, address barriers and celebrate success.	4-hour minimum.  6 to 8-week lead time.  A confidential space is needed for the coach to meet with each participant.  Will need to determine how appointments will be scheduled and add to the promotional materials – paper and online scheduling tools are available.
Wellness Coaching Series  KP	Reserve your spot to meet one-on-one with a Wellness Coach over the course of 4 weeks. Appointments can focus on healthy eating, weight management, physical activity, and or managing stress. They last 20 minutes and are generally scheduled every other week. During the time with the Coach, you will set goals, discuss potential challenges, address barriers and celebrate success.	4-hour minimum.  6 to 8-week lead time.  A confidential space is needed for the coach to meet with each participant.  Will need to determine how appointments will be scheduled and add to the promotional materials – paper and online scheduling tools are available.



## Healthy Behaviors: Special Activities

Activity & Provider	Description	Notes
<p>Wellness Center Tour</p> <p>HSS</p>	<p>Does your team work in the Civic Center area? Have you had the opportunity to visit the Catherine Dodd Wellness Center? Schedule a tour of your team today!</p> <p>The Well-Being team is ready to welcome a group of your employees with a tour of the facility and an overview of all the services the Wellness Center offers! Together, we will organize a tour specifically for your team.</p> <p>Participate in a group tour today to learn everything that the Wellness Center has to offer.</p>	<p><i>Customizable</i></p> <p>15 minute tour of facility</p> <p>30 minute tour of facility and activity (video/stretch)</p> <p>60 minute tour, activity, and open-use (free-time)</p> <p>4-week lead time</p>
<p>Healthy Food Demonstration</p> <p>KP</p>	<p>Join us for a healthy food demonstration prepared by a Chef and learn how to prepare healthy foods.</p> <p>Various themed Food Demonstrations include:</p> <ul style="list-style-type: none"> <li>• 5 ingredients or less</li> <li>• Quick and on the go</li> <li>• Blending your fruits and veggies</li> <li>• Lean and green meals</li> <li>• Healthy holiday substitutes</li> <li>• Fun, new, innovative food prep ideas</li> </ul>	<p>45-minute seminar.</p> <p>8-week lead time.</p> <p>Minimum 12- Maximum 40.</p> <p>*Provide at least 2 alternative dates due to limited availability.</p> <p>Promotional materials will need to be tailored once the theme is determined.</p> <p>Food demonstrations must be ordered to support other well-being activities occurring in the workplace and require approval by the Well-Being Coordinator.</p>



<p>Healthy Weight Program</p> <p>KP</p>	<p>Your weight is more than a number on a scale—it's how you feel every day, inside and out. Maintaining a healthy weight means making small changes that add up to big success. No matter what your goal is—boost your confidence, fit into your favorite jeans, get your family's weight on track, reduce or prevent health problems — we've got the information and tools to help you succeed.</p> <p>It's easier together: In this 14-week program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off. During this program, you'll learn to adopt healthier behaviors and attitudes for long-term weight loss, while also connecting and learning from others in the group.</p> <p>Take a first step toward your healthy weight goals: Register today!</p> <p>Program includes:</p> <ol style="list-style-type: none"> <li>1. 6 Weeks of Classes: Bring your lunch! Topics include: weight, nutrition, exercise, stress, and staying motivated.</li> <li>2. 6 Weeks of Group Coaching: Work with a coach and your group to put all your learnings into action. The last session will include a celebration for all participants.</li> </ol>	<p>45-minute sessions weekly for 6 weeks followed by 6 weeks of group coaching.</p> <p>6 to 8-week lead time.</p> <p>Minimum 12, Maximum 40.</p> <p>Limited Availability.</p> <p>Registration required: include instructions on promotional materials.</p>
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## Healthy Behaviors: Seminars

General Healthy Behavior Seminars		
Seminar & Provider	Description	Notes
<p>Families Being Healthy</p> <p>KP</p>	<p>Healthy eating and exercise habits begin at home. Learn basic nutrition principles and strategies on how to increase energy and fitness with activities the whole family can enjoy. Take steps so you and your family can develop a healthy lifestyle together.</p> <p>*Available as a webinar</p>	<p>45-minute seminar</p> <p>8-week lead time due to limited availability.</p> <p>*Provide at least 2 alternative dates due to limited availability.</p>



Getting Healthy Sleep KP	Sleeping well is vital to good health, well-being and job performance. Come to this seminar and learn about healthy sleep strategies you can practice to get your best night's sleep.	45-minute seminar. 6 to 8-week lead time.
Getting Ready to Quit Tobacco KP	Are you ready to quit tobacco? Begin your journey in a positive and supportive environment, where you will learn about skills, activities, and resources to aide you in quitting smoking, and how to avoid relapse.  You may also want to attend this class to learn how you can help support someone who is interested in quitting.	45-minute seminar. 6 to 8-week lead time.
Healthy Habits KP	Learn the art and science of how you form new habits and can change old ones! Discover real-world, practical ideas for behavior change and tips for putting willpower and self-control in your hands. In healthy habits learn to be a healthier you!	45-minute seminar. 6 to 8-week lead time.
Healthy Weight: Setting Yourself Up for Success KP	Successful weight loss is more than just cutting calories. In this seminar learn how to set yourself up for success when it comes to losing, and controlling your weight. Discover how healthy lifestyle choices and a positive attitude can help you lose weight and keep it off.	45-minute seminar. 6 to 8-week lead time.

## Physical Activity Seminars

Seminar & Provider	Description	Notes
Get Moving (Physical Activity) KP	Are you ready to move more? This class will help you to assess and improve your readiness and confidence to start a physical activity routine and will provide you with ideas to help you select an activity that will keep you motivated to keep moving. Learn skills to help you get moving today!  *Exercise is not done in the class	45-minute seminar. 6 to 8-week lead time.
Your Strong and Healthy Back KP	Your back is crucial to everyday life. Back pain contributes to workplace absence and lost productivity. In this seminar you will learn correct posture, how to protect and strengthen your back, the importance of stretches, and exercises that will strengthen your back.	45-minute seminar. 6 to 8-week lead time.

## Healthy Eating



Seminar & Provider	Description	Notes
Disease Preventing Foods KP	Come and learn how to eat your way to healthy! In this seminar you will learn from a registered dietician how certain foods and spices, when eaten regularly, can improve overall physical and emotional health and inhibit or prevent certain illnesses.	45-minute seminar.  8-week lead time due to limited availability .  *Provide at least 2 alternative dates due to limited availability.
Healthy Eating at Work HSS	Learn what healthy eating at work looks like and how you can do it too! In this seminar we'll discuss tips, tricks, ideas and strategies about how eat healthy at work. Topics covered include everyday eating, healthy socials and creating a healthier workspace.	30 minute or 45 minute option for seminar  6-week lead time
Healthy Eating for You KP	Learn what healthy eating looks like and what it can do for you, including staying well and lowering the risk of chronic conditions. Discover strategies for eating well and making healthy snack choices for improved nutrition.	45-minute seminar.  6 to 8-week lead time.
Kitchen Medicine KP	Kitchen Medicine is the art and science of simple techniques that blend foods and herbs to support your ongoing desire to be vibrant, happy, and well. Learn how eating well can be good medicine with tips and tools of traditional eastern medicine combined with current, cutting edge discoveries about health and nutrition.	45-minute seminar.  6 to 8-week lead time.
Savvy Grocery Shopping KP	Make the grocery store work for you! This virtual tour taught by a registered dietician will help you find healthy foods and steer clear of unhealthy ones.	45-minute seminar.  6 to 8-week lead time.  This can also be ordered as an interactive tour of a nearby grocery store or Farmers Market.
Understanding Your Metabolism KP	Burn baby burn! Ever wonder how many calories your body burns per day and the relationship it has with your body weight? Trying to lose fat? You may need to understand what is going on with your metabolism. After this seminar, you'll better understand your metabolism, and the rate at which your body burns calories. You will walk away with an estimated calorie budget that will give you more leverage and power with your fitness and nutrition goals, and you will learn ways to boost your metabolism.	45-minute seminar.  6 to 8-week lead time.



<p>Why Eat Breakfast?  KP</p>	<p>We've all heard breakfast is the most important meal of the day, but it's still easy to skip it or make unhealthy choices. Come learn from a registered dietician and share ideas about healthy breakfast options that give you energy for your day.</p>	<p>45-minute seminar.  6 to 8-week lead time.</p>
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## Healthy Behaviors: Group Exercise

Group Exercise Class & Provider	Description	Notes
<p>Bootcamp  REC</p>	<p>Bootcamp uses your body for resistance to create a high-energy workout that focus on the total body. You will perform exercises that focus on strength and cardiovascular training.</p>	<p>45-minute class.  6 to 8-week lead time and dependent on instructor availability</p>
<p>Chair Yoga  KP, REC, &amp; HSS</p>	<p>Chair Yoga offers gentle stretching and strengthening, conscious breathing practices, relaxation techniques, and mindfulness practices taught by a certified Yoga Instructor. This class aims to bring benefits such as stress reduction, relief for common discomforts of neck and shoulder strain or back ache. This well-rounded practice increases general sense of ell-being as well as resilience to face day to day challenges.</p> <p>Some physical activity will be performed in this class. Participation is entirely voluntary as it is strongly recommended to refrain if movement is beyond physical activity or medical advice.</p>	<p>45-minute class.  8-week lead time due to limited availability.  This class can not be offered ongoing.</p>
<p>Feldenkrais  KP &amp; REC</p>	<p>Feldenkreis focuses on gentle movements to promote efficient use of the whole self. These lessons were developed by Dr. Moshe Feldendrais to help people with chronic pain, musculoskeletal problems, stiff shoulders or hips, and repetitive stress movements. Join us for a class taught by a certified Feldendrais instructor to learn more about how you can incorporate these small movments into your daily routine.</p>	<p>45-minute class.  8-week lead time due to limited availability.  This class can not be offered ongoing.</p>



<p>Gentle Yoga KP</p>	<p>This class is made for those with limited movement, restricted mobility, and/or difficulties with balance. Participants in the class will experience practicing yoga movements at a slower pace and how to use a variety of simple, basic yoga postures to help with stretching and toning muscles.</p>	<p>45-minute class. 8-week lead time due to limited availability. This class can not be offered ongoing.</p>
<p>Qi Gong KP &amp; REC</p>	<p>Enhance your everyday life and health with this qi gong program. Learn to develop energy (qi) and balance your mind, body, and spirit. Help reduce your stress, pain, and symptoms of chronic ailments. People of all ages and fitness levels are welcome to participate.</p>	<p>45-minute class. 6 to 8-week lead time. There many be limitations on the frequency of how often this activity can take place.</p>
<p>Tai Chi KP &amp; REC</p>	<p>Experience health, well-being, and stress reduction. Come to our tai chi class and learn simple yet powerful movements that are easy and enjoyable to learn. Our course is suitable for both beginning and continuing students, regardless of your age, physical condition, or agility. Benefits include increased energy and balance, mental clarity, and help with regulation of blood pressure. Tai chi can also be a valuable tool in the management of chronic pain or chronic disease, including arthritis and heart disease.</p>	<p>45-minute class. 6 to 8-week lead time. There many be limitations on the frequency of how often this activity can take place.</p>
<p>Total Body Conditioning &amp; Interval Training REC</p>	<p>Interval training focuses on providing you a full body workout that consists of strengthening large muscle groups, your core muscles, and strengthens your heart with intermittent bouts of cardiovascular exercise. Interval training is a great workout choice if you are short on time and want to gain strength and endurance.</p>	<p>45-minute class. 6 to 8-week lead time and dependent on instructor availability</p>
<p>Total Body Toning REC</p>	<p>This class uses a variety of equipment (balls, bands, weights, body weight) to help build strength for your total body workout. Modifications will be provided to support a variety of fitness levels.</p>	<p>45-minute class. 6 to 8-week lead time and dependent on instructor availability</p>
<p>Yoga REC</p>	<p>Join us for Yoga and experience its many benefits, including relaxation, improved circulation, strength, balance and flexibility. . Regular participation can help you gaining greater efficiency of movement, fewer postural issues and recover quicker from life's minor aches and pains</p>	<p>45-minute class. 6 to 8-week lead time and dependent on instructor availability</p>



Zumba REC	Dance your way to improved health and well-being. The Zumba workout features easy dance moves to Latin music – no partner required. During this class, you'll experience a high energy workout. Make sure to adjust the pace of the moves to best suit your fitness level.	45-minute class.  6 to 8-week lead time and dependent on instructor availability
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## Personal Emotional Well-Being: Educational Seminars

Topic & Provider	Description	Notes
Breathing Basics HSS	Foster a sense of calm, reduce stress and anxiety levels, and lower blood pressure with just your breath. Deep breathing is the basis for all meditative and mindfulness practices. Learn three breathing techniques you can use anytime anywhere.	10 or 15 minute option for seminar  6-week lead time
Meditation Made Easy HSS	Have you heard about meditation but always thought it was too complicated to learn or just not for you? In 15 minutes, you'll learn to three types of meditation and see if one might just be right for you.	10 or 15 minute option for seminar  6-week lead time
Stretch It Out HSS	Just as athletes need to warm up before competition, so do industrial and office workers. Join us for a morning or afternoon stretch to learn a 5-minute routine you can incorporate into your breaks.	10 or 15 minute option for seminar  6-week lead time
Healthy Mind, Healthy Body: Managing Stress KP	Uncontrolled stress can impact health, happiness and job performance. Your employees will identify their sources of stress and practice skills to help manage and reduce their stress levels.	45-minute seminar.  6 to 8-week lead time.
Holiday Stress KP	Similar to the Healthy Mind, Healthy Body class, this seminar helps participants with stress reducing tips during the busy holiday season.	45-minute seminar.  8 week lead time due to limited availability.  *This seminar requires at least 2 alternative dates due to limited availability.



Topic & Provider	Description	Notes
Pathways to Emotional Health KP	Learn more about stress, depression, and anxiety, including their symptoms and current treatment methods.	45-minute seminar. 8-week lead time due to limited availability.  *This seminar requires at least 2 alternative dates due to limited availability.
RECHARGE HSS Well-Being	Chronic stress can impact your health, happiness and job performance. The good news is just a few minutes of breathing and stretching each day can directly improve your emotional outlook and physical well-being. Get ready to Reset, Relax, Refresh and RECHARGE. Come and learn how to alleviate the effects of stress at a moment's notice by tapping into your inner relaxation response.	45-minute seminar. 6-week lead time.



## Personal Emotional Well-Being: Movement Seminars

Topic & Provider	Description	Notes
Chair Yoga KP	Chair Yoga offers gentle stretching and strengthening, conscious breathing practices, relaxation techniques, and mindfulness practices. This class aims to bring benefits such as stress reduction, relief for common discomforts of neck and shoulder strain or back ache. This well-rounded practice increases general sense of well-being as well as resilience to face day to day challenges.	45-minute class. 8-week lead time due to limited availability.  This class can not be offered ongoing.
Feldenkrais KP & REC	Feldenkrais focuses on gentle movements to promote efficient use of the whole self. These lessons were developed by Dr. Moshe Feldendrais to help people with chronic pain, musculoskeletal problems, stiff shoulders or hips, and repetitive stress movements. Join us for a class taught by a certified Feldendrais instructor to learn more about how you can incorporate these small movements into your daily routine.	45-minute class. 8-week lead time due to limited availability.  This class can not be offered ongoing.
Gentle Yoga KP	This class is made for those with limited movement, restricted mobility, and/or difficulties with balance. Participants in the class will experience practicing yoga movements at a slower pace and how to use a variety of simple, basic yoga postures to help with stretching and toning muscles.	45-minute class. 8-week lead time due to limited availability.  This class can not be offered ongoing.



Topic & Provider	Description	Notes
Qi Gong KP & REC	Enhance your everyday life and health with this qi gong program. Learn to develop energy (qi) and balance your mind, body, and spirit. Help reduce your stress, pain, and symptoms of chronic ailments. People of all ages and fitness levels are welcome to participate.	45-minute class. 6 to 8-week lead time. There may be limitations on the frequency of how often this activity can take place.
Yoga REC	Join us for Yoga and experience its many benefits, including relaxation, improved circulation, strength, balance and flexibility. . Regular participation can help you gain greater efficiency of movement, fewer postural issues and recover quicker from life's minor aches and pains	45-minute class. 6 to 8-week lead time and dependent on instructor availability.