Vocation and Calling
During the spring semester Campus Ministries will be sponsoring a six-week study on vocation and calling. Healthy Habits encourages faculty and staff members to consider leading a group. Groups will meet weekly for an hour at a time and place convenient for you.

The hope of the study is to create a space where members of Calvin’s community can ask and wrestle with the big questions we all ask: Who am I? What am I going to do with my life? How can I discern God’s voice? John Ortberg's new book, "All The Places To Go" will be used to guide the study. Like all of Ortberg's writing, it is engaging, accessible, and grounded in scripture. Study guides and a complimentary DVD are also available for those who would like additional resources. If you are willing to consider leading a group, please contact Aaron Winkle (asw3@calvin.edu) and he will send you a copy of Ortberg's book.

Send us your ideas
Many of the opportunities that Healthy Habits offers come from ideas generated from employees. If you have an idea for a future class, program, group, seminar, or challenge, please let Healthy Habits know at healthyhabits@calvin.edu.

Healthy Habits Goals
♦ To provide programs and opportunities that promote personal health and well-being for Calvin College employees, retirees and their spouses.
♦ To create a supportive community atmosphere for the pursuit of wellness goals.
♦ To encourage participants to treat their body as God’s temple for lifelong Christian service.
### Activity Classes

**Tai Chi**
The ancient Chinese art of Tai Chi consists of a series of gentle and rhythmic movements that incorporate breath coordination, muscle relaxation, & posture.
Mon. & Wed. 4:45-5:30 pm, Commons Annex Lecture Hall (John Jiang)

**Exercise Balls & Bands**
This total body workout features exercise balls and resistance bands to strengthen and stretch your entire body. If your fitness goals include better posture, balance, flexibility and muscular strength, then this class is for you!
Mon. & Wed. 12:30-1:15 pm, HC 252 - Dance Studio (Kendra and Amanda)

**Yoga**
If you are looking for an exercise class that will build strength, stamina, and flexibility as well as work on relaxation, check out one of our yoga classes.
Intermediate: Tue. & Thu. 6:45-7:30 am, HC 300 - Dance Loft (Andre)
Beg./Int.: Tue. & Thu. 12:00-12:45 pm, HC 300 - Dance Loft (Andre)
Beginner: Tue. & Thu. 4:30-5:15 pm, HC 300 - Dance Loft (Andre)

**Indoor Group Cycling ("Spinning")**
As you pedal our specially-designed group exercise bikes, our instructors will take you on rides that include sprints, climbs and everything in between. If you are looking for motivation for an intense workout, give group cycling a try!
Mon. & Wed. 6:10-6:55 am, HC 121 (Dan)
Mon. & Wed. 4:45-5:30 pm, HC 121 (Heather and Michael)
Tue. & Thu. 11:15 am-12:00 pm, HC 121 (Heather and Michael)

**Zumba**
Zumba is a high energy, Latin-inspired dance-fitness class that incorporates Latin and international music with dance movements. No dance experience is necessary. Athletic shoes are required. Lead by a certified instructor.
Mon. & Wed. 12:30-1:15 pm, HC 300 - Dance Loft (Valerie)

**WERQ**
WERQ is a “fiercely fun dance fitness class based on pop, rock, and hip hop music” taught by a certified instructor. No dance experience is necessary. Athletic shoes are required.
Tue. & Thu., 12:30-1:15 pm, VN North Gym (Anne)

**Aqua-Fitness**
Mondays, 12:00-12:45 pm in the Pool Diving Tank
Good for individuals who may benefit from a non weight-bearing fitness activity. This is an informal group of dedicated individuals who enjoy exercising in the pool. There is no instructor and no fee. Come when you can and find camaraderie with others who enjoy activity in the pool.

---

### NEW! Cooking Class and More

Healthy Habits is excited to collaborate with Creative Dining to offer three opportunities this semester. Register online or contact Healthy Habits at healthyhabits@calvin.edu

**Cooking Class**
Saturday, February 13, 10:00 am-2:00 pm, Commons Dining Hall
- For foodies who like to cook. Creative Dining has 10 spots available for faculty and staff who would like to advance their cooking technique with Executive Chef Ian.

**Healthy Cooking Demonstration**
Wednesday, April 6, 12:00-1:00 pm - Commons Annex Lecture Hall
- Healthy cooking demonstration with Executive Chef Ian and Catering Manager Steve McBride.

**Cooking Class and Dinner - $10 per person (20 person limit)**
Wednesday, April 20, 5:00-6:15 pm - Staff Dining, Commons Annex
- Join Executive Chef Ian, Sous Chef Ryan Hartman and Sous Chef Garrett Stover as they help us prepare a delicious meal that we can enjoy.

---

### NEW! Recipe Contest

**Benefits Fair Recipe Contest — Best Chili**
Friday, May 13
Let’s see if we can “spice up” the benefits fair this year! Bring us your best chili in a crock pot...and we will let your peers decide if it is truly “the best.” Start perfecting your recipe now. Sign-up information will be available in April. Prizes will be awarded based on the number of entries.

---

### Ergonomic Evaluations

Healthy Habits and Calvin Occupational Health & Safety continue to collaborate to offer free workstation ergonomic evaluations. If you don't work at a desk, no worries! We can go into the field with you and evaluate a specific task. Email Jennifer Ambrose at jambrose@calvin.edu to schedule an appointment. Appointments are limited. Please allow up to two weeks to receive an evaluation.
A Supportive Community

Depression/Anxiety/Mental Health Caregivers Group
If you are interested in joining our CONFIDENTIAL, professionally-led support group for caregivers of individuals with mental and emotional health issues, please join us on any or all of the dates listed below.

- Friday, February 12 12:00 PM, Hiemenga Hall 314
- Friday, March 4 12:00 PM, Hiemenga Hall 314
- Friday, April 8 12:00 PM, Hiemenga Hall 314
- Friday, May 13 12:00 PM, Hiemenga Hall 314
- Friday, June 17 12:00 PM, Hiemenga Hall 468

NEW! Building Community: Affinity Groups

Healthy Habits is committed to helping achieve Calvin’s strategic goal of developing “a workplace culture in which employees thrive and grow.” To that end, we would like to help connect members of our community who have like-minded interests. Look for an upcoming affinity group survey in your email. If you are willing to share your interest/expertise with others or help lead a group, please contact Healthy Habits.

Class Registration Procedure

ALL CLASSES:
- Session 1: Feb. 1 - Mar. 25
- Session 2: Mar. 28 - May 13
- NO CLASSES SPRING BREAK WEEK
- Cost: $40 per class per 7-week session, unless noted otherwise.
- Meet: Twice per week, except for Group Personal Training and where noted.
- Requirement: A minimum of 10 registered participants to confirm each class.
- Exercise Balls & Bands and Tai Chi each have a 15-minimum requirement.
- If you miss a class, feel free to substitute one of our other classes to make it up.
- Register online (see below). Payments for faculty and staff will be automatically deducted from Calvin paychecks. For spouses, retirees, seminary employees, or if you prefer to pay directly, please pay with exact cash or check (payable to “Calvin College”) via ICM or dropped off in the Kinesiology Office.
- NO REFUNDS are given after the second week of class. Healthy Habits does not pro-rate fees due to expected or unexpected absences.

Calvin Employees:
Please register online for all activity classes and seminars using the Healthy Habits website link www.calvin.edu/offices-services/healthy-habits/activity-classes, or go to the Calvin homepage, click: “A-Z”, then “Healthy Habits,” then “Activity Classes.”

Seminary Employees, and Calvin Employee Spouse and Retirees:
Please email healthyhabits@calvin.edu or call Natalie Hubers at 526-6177.
**Personal Training Options**

**Four FREE 1-hour sessions**
Email healthyhabits@calvin.edu if you are interested in this option. This offer is available on a one-time basis for all faculty, staff, retirees, emeriti and respective spouses, and is based on the availability of our trainers.

**Personal Training “Plus”**
Have you ever wondered what it would be like to have your own personal trainer? We can make it happen! Options include 6 or 12-week sessions, and once or twice per week. $12 per hour session. Registration forms are available online or via email healthyhabits@calvin.edu.

**Personal Training “Partners”**
Similar to Personal Training “Plus,” only with a partner and at a discounted rate. This is perfect for couples or friends looking to keep each other accountable. Rates vary depending on the package chosen. Registration forms are available online or email healthyhabits@calvin.edu.

**Free Seminars**
Please register for seminars online or email healthyhabits@calvin.edu.

**Conflict to Clarity: Understanding Investor Sentiment**
*Monday, February 8: Alumni Board Room, 12:00 pm*
When it comes to your financial security, many investment and financial decisions need to be made. This seminar will look at some of the results of a recent Global Individual Investor Survey and discuss how individual investors and savers can achieve clarity and formulate customized financial solutions to achieve personal goals.

**Blue Zones**
*Friday, February 26: Alumni Board Room, 12:00 pm*
In 2004, Dan Buettner teamed up with National Geographic and the world's best longevity researchers to identify pockets around the world where people live measurably longer, healthier lives. This seminar will take a look at the findings of their research. Learn about the “Power 9.”

**Simple Solutions for Staying Sharp**
*Tuesday March 8: Alumni Board Room, 12:00 pm*
Daily mental multi-tasking and our constant rate of “busyness” can create a chronic level of stress on our brain, causing us to be unfocused, distracted and less productive. This seminar will look at ways to boost your brainpower.

**Identity Theft: How to Protect Yourself**
*Friday, April 8: Alumni Board Room, 12:00 pm*
- Identity theft and the internet
- How your identity can be compromised
- Preventing identity theft
- What to do if you are a victim

**Health Challenges**

**Couch to 5K Challenge**
*February 1 - April 23*
Have you ever wanted to complete a 5K (3.1 miles) fun run, but were not sure where to begin? For this challenge, Healthy Habits will provide a training guide and weekly encouragement. The rest is up to you. The goal of this challenge is to complete Calvin’s 5K Spring Classic on April 23! Register online or contact healthyhabits@calvin.edu to receive a training schedule. If there is enough interest, we may also organize some group workouts.

**Take a Break on Spring Break**
*March 16-20*
Each day during Spring Break, Healthy Habits will provide walking suggestions to get faculty and staff out of their offices and out for a walk. Some will include walking to a designated location for a healthy snack. On Friday, take a fifteen minute break to join your Wellness Director in the Huizenga Track and Tennis facility as he attempts to walk 10 continuous hours (6:30 am-4:30 pm).

**Mini Indoor Triathlons**
*April 2 (Team) and April 16 (Individual)*
Open to all levels and abilities. Compete as a team, then “tri” one on your own. Team: 800 meter swim; 16 mile bike; 2 mile run. Individual: 400 meter swim; 8 mile bike; one-mile run. Let’s see what you can do! Look for registration information and additional details in March.

**Active Commute Week**
*May 9-13*
Calvin has the reputation of a superstar in the Active Commute community. Each year we have easily out-distanced our nearest competitor for the most weekly commutes. Let’s not disappoint this year!

**Random Acts of Kindness Week**
*February 14-20*
“Every human need provides an opportunity for demonstrating kindness.”

In a Christian community, kindness is reflective of God’s love and Christ’s ministry. Let’s take this week and be intentional about showing kindness...randomly...as agents of renewal. Let’s work together to build a thriving Calvin community.

No need to register...just do it! Healthy Habits will help “SPARK” (Servants Practicing Acts of Random Kindness) your efforts with ideas and resources coming to you in February.