Paid-Time Policy for Healthy Habits Opportunities
The college offers two 30 minute periods* (up to an hour/week for full-time staff) for hourly staff to participate in approved Calvin wellness activities. This time can include on-campus Healthy Habits classes and seminars as well as initiatives such as the campus-sponsored Bible study in the fall. The time must be approved by your supervisor and is designed to be used at the beginning or end of the day or in conjunction with your unpaid lunch break.

*The two half hours are designed to be used for college scheduled activities and not in conjunction with personal exercise time.

Healthy Habits Goals
- To provide opportunities for Calvin College employees, retirees and their spouses to thrive and grow by offering activities that promote holistic health and well-being.
- To create a supportive community atmosphere for the pursuit of wellness goals.
- To encourage personal and professional well-being for lifelong Christian service.
- To inspire members of our community to be the best that they can be as agents of renewal at Calvin and in the world.

Calvin’s Strategic Goal 3.1
“Develop a workplace culture in which employees thrive and grow.”
Activity Classes

Tai Chi ($50)
The ancient Chinese art of Tai Chi consists of a series of gentle and rhythmic movements that incorporate breath, coordination, balance, strength and posture.
Mon. & Wed. 4:45-5:30 pm, HC 300 - Dance Loft (John Jiang)

Exercise Balls & Bands ($50)
This total body workout features exercise balls & 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)

PiYo (once per week: $20)
PiYo is Pilates + Yoga + Nonstop Movement. Gain strength, flexibility, and endurance all in one workout! There are no weights or jumps—just constant motion.
Fridays, 12:00-12:45 pm, HC 252 - Dance Studio (Emily Dock)

Yoga ($40)
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. 12:15-1:00 pm, VN 235 (Andre)
Beginner: Tue. & Thu. 4:30-5:15 pm, HC 300 - Dance Loft (Andre)

Indoor Group Cycling: "Spinning" ($40)
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. 12:00-12:45 pm, HC 121 (Heather and Michael)

WERQ ($40)
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.
Tues. & Thurs., 12:30-1:15 pm, VN North Gym (Anne)

Aqua-Fitness (Free)
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.
Mondays, 12:00-1:00 pm in the Pool Diving Tank.

Campus Ministry Opportunities

Chapel
• An approved work-time activity. Check with your supervisor for options.

Campus-Wide Small Group Study
• Dates: Six weeks beginning February 6.
• Topic: Apologetics - giving winsome witness and reason for the hope within us, an opportunity for growth for believers and an opportunity for exploration for those who do not yet believe.
• We will be asking questions and thinking through aspects of the Christian faith including: faith and reason, why trust the Bible, who is Jesus, the problem of evil, what to do with hell, and what does the church have to offer?
• If you would like to gather a group and lead, please email Jana Stob at stobja@calvin.edu.
• If you would like to join a group, email Joella Ranaivoson at pastorjoella@calvin.edu

Health Challenges

President’s Shoe Challenge
Saturday, April 29
Healthy Habits has teamed up with the Alumni Office to promote this year’s President’s Shoe Challenge.
Calvin faculty and staff, here is your chance to build Calvin pride and a sense of team spirit (oh, and bragging rights for a year). Come out to represent your area, or mix it up with friends from across campus.
• President’s Right Shoe Trophy: Awarded to the team with the most participants
• President’s Left Shoe Trophy: Awarded to the team with the fastest time, as determined by cross country scoring.
Both winning teams will receive recognition at the famous post-race party. The fastest team will be treated to lunch by the Calvin Alumni Association.

Active Commute Week
May 9-13
Until last year, Calvin had the reputation of being unbeatable in the Active Commute community challenge. Last year was the first year Calvin did not finish the week with the top prize.
Calvin Community: It’s time to take back our trophy!
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 at any or all of the dates listed below.

- Friday, February 10, 12:00 pm, HH 314
- Friday, March 10, 12:00 pm HH 314
- Friday, April 14, 12:00 pm, HH 314
- Friday, May 12, 12:00 pm, HH 314
- Friday, June 9, 12:00 pm, HH 314

AFFINITY GROUPS

One of the goals of Healthy Habits is “to create a supportive community atmosphere for the pursuit of wellness goals.” Below are two groups that meet regularly. All faculty, staff, retirees, and spouses are welcome to join. Join “Yammer,” a private social network through Calvin IT for updates.

Mindful Meditation

Mondays, 12:30pm, January 30 - May 8, Fieldhouse HC 235

Mindfulness is the practice of training our attention to focus nonjudgmentally on the present moment. Research demonstrates that practicing mindfulness changes our brains in ways that increase both psychological and physical health. This Healthy Habits group provides opportunities to learn and practice the art of mindfulness meditation. Facilitator: Irene Kraegel.

Recommended reading: "Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World." Reading the book is not mandatory, but if you would like a deeply discounted copy, contact Natalie in Kinesiology ($5.00).

Calvin Foodies

Monthly opportunities

Let’s experience food! Do you enjoy dining out? Cooking? Anything food-related? Do you enjoy learning new recipes and trying new foods? Join this Healthy Habits affinity group if you would like to meet with others who enjoy sharing culinary experiences. Dining Out:

- Wednesday, January 25, 5:30pm, Zeytin (Ada, MI)
- Tuesday, February 21, 5:30 pm, The Green Well Gastro Pub
- Thursday, March 23, 5:30 pm, The Winchester
- Friday, April 28, 5:30 pm, Osteria Rossa

Downtown Market Foodie Field Trip

Check out the options available and let Healthy Habits know your interest in a group trip: www.eventbrite.com/e/farmers-market-foodie-field-trip-registration-24317177332?aff=es2.

Group Personal Training

Small group personal training sessions are tailored to fit the needs of the group, as well as the individual. Class size is limited to five (minimum of 3 required). Classes meet once per week for 50 minutes. Cost: $40. Location: VN 110 (Fitness Classroom).

- Mon.: 12:30 pm (Natalie)
- Tue.: 11:30 am, 12:30 pm (Jaimie)
- Wed.: 12:30 pm (Natalie)
- Thu.: 11:30 am, 12:30 pm (Jaimie)
- Fri.: 12:30 pm (Natalie)

Make your own Group Personal Training class

Find 3-5 co-workers who are willing to commit to working out together at the same time for seven weeks. Contact Healthy Habits and we will attempt to find a trainer for your group.

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Class Registration Procedure

Calvin Employees:

Please register online for all activity classes and seminars using the following Healthy Habits website instructions:

- From the Calvin homepage, click: “A-Z”, then “Healthy Habits,” then “Activity Classes”

Seminary Employees, 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 or leave a message at 526-7753 if you are interested. Based on the availability of our trainers. This offer is available on a one-time basis for all faculty, staff, retirees, emeriti and respective spouses.

- **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.

**Golf Geeks and Wannabes**

**Golf Swing and Putting Tips**
After Spring Break. Look for announcements in Calvin-news
Whether you are an avid golfer who is looking for some help with your game, or new to golf and would like some helpful tips to get you started this spring...this opportunity is for you. Professors and coaches Brian Bolt and Jim Timmer are ready to divulge all of their “secret golf tips!” Space will be limited for this opportunity, so register as soon as you see the announcements in Calvin-news. Feel free to bring your clubs...and come prepared to take some practice swings.

**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. To schedule, email Jennifer Ambrose at jakambrose@calvin.edu. Appointments are limited. Please allow up to 2 weeks to receive an evaluation.

**NEW! “Good Reads” Seminars**

Each seminar will summarize a book that inspires personal well-being. Register using the “Class Registration Procedure” on page 3 of this brochure.

- **“Make Your Job a Calling” by Bryan Dik and Ryan Duffy**
  Wednesday, January 25, 12:00-1:00 pm, Alumni Board Room
  Do you ever feel sick of your job? Do you ever envy those people who seem to positively love what they do? As a follow-up to Bryan Dik’s January Series presentation, Healthy Habits is excited to offer an opportunity to explore a book that Calvin alum Bryan Dik co-authored called *Make Your Job a Calling*. Facilitator: Roy Zuidema

- **“How to Have a Good Day” by Caroline Webb**
  Thursday, March 2, 12:00-1:00 pm, Commons Annex Alumni Board Room
  All around the world, people could be having better days. The good news: powerful advances in cognitive science have shown us how we have far more control over the quality of our day-to-day lives than we realize. How to Have a Good Day translates behavioral economics, neuroscience and psychology into practical advice to help you make every day a good day. Facilitator: Julie Yonker.

- **“Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World” by Williams and Penman**
  Friday, April 7, 12:00-1:00 pm, Commons Annex Alumni Board Room
  Mindfulness is the practice of training our attention to focus nonjudgmentally on the present moment. Research demonstrates that practicing mindfulness changes our brains in ways that increase both psychological and physical health.

- **“Bring Work to Life by Bringing Life to Work?” by Tracy Brower**
  Monday, May 8, 12:00-1:00 pm, Commons Annex Alumni Board Room
  In *Bring Work to Life by Bringing Life to Work*, Tracy Brower shows readers the importance of work-life supports and how they lead to more engaged and fulfilled work. Tracy provides easy-to-read strategies for building and implementing organizational strategies to harness work-life supports, increasing positive impact to corporate culture and personal well-being.

**“KEY” (Keep Educating Yourself)**

Stay fresh and relevant in your work
Let’s face it—our work is constantly evolving. New tools, new expectations, new processes can present some real challenges to our expertise and know-how. Such rapid change requires a skilled, well-informed workforce with employees who are adaptive, flexible, and focused on the future.

The KEY program offers timely training tools for all Calvin staff. Upcoming KEY activities will be announced in Calvin-news and through email.