

## **Health & Wellness Events In-service 2009**

Thursday, Sept. 24, 1 – 2:30 p.m., CML/ Room 214

### **Undress the Stress with Perfect Breathing**

Al Lee's popular program "Transform Your Life – One Breath at a Time" will show you how to integrate very powerful techniques for managing stress, improving health, improving performance and increasing emotional intelligence into your personal and professional life, allowing you to more effectively deal with every challenge you face. Based on the latest science and medical research, Al's program will show you how to use the same techniques that are used by competitive athletes, fighter pilots, mountain climbers, performers, and healing professionals of all kinds to elicit the most from their minds and bodies. Al Lee is a seasoned speaker, experienced teacher, and dynamic presenter. His new book "*Perfect Breathing - Transform Your Life One Breath at a Time*" recently received a "pick of the week" from Publisher's Weekly, and a recommendation from Martha Stewart's Body & Soul magazine. In addition, by joining the "Undress the Stress: Step One, the Breath" program, you can choose from a variety of free tools including Al Lee's "Perfect Breathing" book or his Perfect Breathing Guided Integration CD.

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Friday, Sept. 25, 9:00 – 9:30 a.m. – Fitness Education Center, Building 5/Room 101

### **Undress the Stress: On the Ball with Wendy Simmons**

The Therapeutic Ball is a big ball, about 20 inches in diameter, used to sit, roll, lie and move about on. It's used for stretching, stress relief, posture enhancement, improving balance, increasing flexibility and coordination. Physical exercises done with this ball are extremely good for your spine and for eliminating and avoiding muscle tension. In this class learn simple exercises for all of the above that you can do at home or at work. In addition, if you join the "Undress the Stress: Step One, the Breath" program you will get a free stress reduction tool of your choice to keep, such as the therapeutic ball.

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Friday, Sept. 25, 9:30 – 10:00 a.m. – Gym, Building 5/Rooms 202

### **Undress the Stress: Roll It with Layne King**

Foam rollers are cylindrical in shape and lightweight. Exercises with foam rollers can be used with the rollers in almost any position: standing, sitting, supine, side-lying, kneeling, quadruped and prone. They can be used for massaging tight muscles, increasing muscle flexibility and dynamic strengthening. In this seminar, learn how to soothe tight muscles by using your own body weight to release tight fascia and trigger points. Also, learn stretches using the roller to increase blood flow and circulation to your soft tissues. In addition, if you join the "Undress the Stress: Step One, the Breath" program, you will get a free stress reduction tool of your choice to keep, such as the foam roller.

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Friday, Sept. 25, 10:00 – 10:30 a.m. - Gym, Building 5/Rooms 202

### **Undress the Stress: Stretch Out with Layne King**

The very actions that facilitate the process of mobilizing our muscles and joints are ones that help us release and reduce stress. Reduce your stress using the stretch out strap with multiple-position grips that allows deep, gradual stretching of major muscle groups with greater safety and effectiveness than is possible unaided. Learn a variety of stretches that you can do at home, at work, or on the go. In addition, if you join the "Undress the Stress: Step One, the Breath" program, you will get a free stress reduction tool of your choice to keep, such as the stretch out strap.

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Friday, Sept. 25, 12:00 – 12:30 p.m. - Gym, Building 5/Rooms 202  
**Undress the Stress: Roll it** with Layne King

Foam rollers are cylindrical in shape and lightweight. Exercises with foam rollers can be used with the rollers in almost any position: standing, sitting, supine, side-lying, kneeling, quadruped and prone. They can be used for massaging tight muscles, increasing muscle flexibility and dynamic strengthening. In this seminar, learn how to soothe tight muscles by using your own body weight to release tight fascia and trigger points. Also, learn stretches using the roller to increase blood flow and circulation to your soft tissues. In addition, if you join the "Undress the Stress: Step One, the Breath" program, you will get a free stress reduction tool of your choice to keep, such as the foam roller.

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Friday, Sept. 25, 12:30 – 1:00 p.m. Gym, Building 5/Rooms 101  
**Undress the Stress: Stretch Out** with Layne King

The very actions that facilitate the process of mobilizing our muscles and joints are ones that help us release and reduce stress. Reduce your stress using the stretch out strap with multiple-position grips that allows deep, gradual stretching of major muscle groups with greater safety and effectiveness than is possible unaided. Learn a variety of stretches that you can do at home, at work, or on the go. In addition, if you join the "Undress the Stress: Step One, the Breath" program, you will get a free stress reduction tool of your choice to keep, such as the stretch out strap.

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Friday, Sept. 25, 1:30 – 2:00 p.m. – Fitness Education Center, Building 5/Room 101  
**Undress the Stress: On the Ball** with Wendy Simmons

The Therapeutic Ball is a big ball, about 20 inches in diameter, used to sit, roll, lie and move about on. It's used for stretching, stress relief, posture enhancement, improving balance, increasing flexibility and coordination. Physical exercises done with this ball are extremely good for your spine and for eliminating and avoiding muscle tension. In this class learn simple exercises for all of the above that you can do at home or at work. In addition, if you join the "Undress the Stress: Step One, the Breath" program you will get a free stress reduction tool of your choice to keep, such as the therapeutic ball.

