

Beginner (1.0) Program Schedule

“Do It Yourself” programming content via our online portal (wellworks-portal.ohio.edu), with weekly challenges & accountability (via Microsoft Teams, Facebook, Strava).

Eligibility: Anyone; Cost: \$120; Contact: christej@ohio.edu

Week	Weekly Accountability – Optional participation	Program Content – Released weekly, viewed at your convenience.
Week 1 1/25/2021	M, 1/25 – Team Meeting 12 PM W, 1/27 – Mindful Moment 8 AM	Learn: <i>What is an active lifestyle?</i> Lab: <i>Remaining a supple walker.</i> Challenge: <i>Start from where you're at.</i>
Week 2 2/1/2021	M, 2/1 – Team Meeting 12 PM W, 2/3 – Mindful Moment 8 AM	Learn: <i>What is the most important number you have?</i> Learn: <i>Mindful Moments – Parts 1 & 2</i> Lab: <i>4 walking technique tune-ups.</i> Challenge: <i>From where you're at, step it up!</i>
Week 3 2/8/2021	M, 2/8 – Team Meeting 12 PM W, 2/10 – Mindful Moment 8 AM	Learn: <i>How hard are you working?</i> Learn: <i>Navigating nutrition.</i> Lab: <i>Rev up your walk.</i> Challenge: <i>Up, up and away!</i>
Week 4 2/15/2021	M, 2/15 – Team Meeting 12 PM W, 2/17 – Mindful Moment 8 AM	Learn: <i>Exercise is planned, intentional activity.</i> Learn: <i>Mindful Moments – Parts 3 & 4</i> Lab: <i>Strength training – Part 1</i> Challenge: <i>Out of your comfort zone.</i>
Week 5 2/22/2021	M, 2/22 – Team Meeting 12 PM W, 2/24 – Mindful Moment 8 AM	Learn: <i>Strength for life.</i> Learn: <i>In the kitchen & at the table.</i> Lab: <i>Strength training – Part 2</i> Challenge: <i>Nutrition genie.</i>
Week 6 3/1/2021	M, 3/1 – Team Meeting 12 PM W, 3/3 – Mindful Moment 8 AM	Learn: <i>Simplifying strength.</i> Learn: <i>Mindful Moments – Part 5 & 6</i> Lab: <i>Strength training – Part 3</i> Challenge: <i>Everyone you meet is fighting a hard battle.</i>
Week 7 3/8/2021	M, 3/8 – Team Meeting 12 PM W, 3/10 – Mindful Moment 8 AM	Learn: <i>Work hard, play hard. Rest day brags.</i> Learn: <i>Mindful eating.</i> Lab: <i>Strength training – Part 4</i> Challenge: <i>Rest day brags.</i>
Week 8 3/15/2021	M, 3/15 – Team Meeting 12 PM W, 3/17 – Mindful Moment 8 AM	Learn: <i>Don't just move more. Sit less & exercise snack.</i> Learn: <i>Special topic in nutrition – Part 1</i> Lab: <i>Exercise snacks in the season of the banquet.</i> Challenge: <i>7:15</i>
Week 9 3/22/2021	M, 3/22 – Team Meeting 12 PM W, 3/24 – Mindful Moment 8 AM	Learn: <i>Intervals with your name on them.</i> Learn: <i>Stress, stressors, and stress management.</i> Lab: <i>Walking workouts</i> Challenge: <i>Go fast & beat yourself.</i>
Week 10 3/29/2021	M, 3/29 – Team Meeting 12 PM W, 3/31 – Mindful Moment 8 AM	Learn: <i>Sweat but don't sweat it.</i> Learn: <i>The breath and relaxation.</i> Lab: <i>Build a circuit and let the energy flow.</i> Challenge: <i>Savor the moments you are grateful for.</i>
Week 11 4/5/2021	M, 4/5 – Team Meeting 12 PM W, 4/7 – Mindful Moment 8 AM	Learn: <i>More physical activity gifts.</i> Learn: <i>Special topic in nutrition – Part 2</i> Lab: <i>Unwrapping the physical fitness components.</i> Challenge: <i>Change your approach.</i>
Week 12 4/12/2021	M, 4/12 – Team Meeting 12 PM W, 4/14 – Mindful Moment 8 AM	Learn: <i>The long view – Exercise and longevity.</i> Learn: <i>Reflect & choose your response to stress.</i> Lab: <i>Choose your own adventure</i>

Team Meetings & Mindful Moments via Microsoft Teams; Private Facebook and Strava groups.