

College of Public Health and Human Sciences

Faculty Staff Fitness Program



OSU FSF Program Newsletter

March 2014

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FSF NEWS

Dear Participant,

Update From the Director

I hope our new newsletter reaches you well. We have gone through some changes in this past year and the Faculty and Staff Fitness family wanted to roll out the news in our new newsletter. We will be planning to use this to communicate monthly and new information and opportunities Faculty and Staff can take advantage of.



1) The newsletter will serve as a way to inform all those signed up for FSF and on our list serve about:

- Programming Opportunities
- Class information
- New Staff
- Other campus health and wellness opportunities
- Participant Testimonials and Feedback

2) It will be broken up into several sections as follow:

- Updates from the Director and Coordinator
- FSF News
- Upcoming Events

PEBB

We have detailed the process on receiving your Exercise Rewards refunds for participation in FSF on the [FSF PEBB Page](#). Feel free to contact us if you have questions.

FLEX/TRIAL PASS

New Flex and Trial Pass- Available Now!

Flex-Pass Details:

\$60 for 20 FSF Classes of your choice from our approved list. Pass is valid for Academic Year (expires at the end of Spring Term).

Trial-Pass Details:

\$15 for 5 FSF Classes of your choice from our approved list. Pass is valid for Academic Year (expires at the end of Spring Term).

Limited number available, purchase yours today and enjoy the flexibility of choosing when and how you work out!

For a complete list of participating classes and more details visit the announcements section of the [FSF Page here](#).

Cancellations and Make-Ups

With several cancellations due to factors outside FSF's control we will plan to run most of our courses that we cancelled in finals week in March 17-21 to make-up for the missed days.

Want to give back to Faculty and Staff Fitness?

FSF is in the process of starting its own fundraising campaign to ensure continued programming for Faculty and Staff. The fundraising campaign will focus on supporting an endowed leadership position, keeping costs low for participants, and updating the FSF programs technology around registration and communication.

Have you appreciated your FSF

- [Class Info](#)
- [Your Health and Wellness](#)
- [Staff Highlight](#)
- [Participant Testimonials](#)

Sincerely,

Drew Ibarra
Director of Physical Activity Programs
College of Public Health and Human Sciences
541-737-6811

Dear Karen,



As Faculty Staff Fitness welcomes in a new year, we are celebrating the programs 30th Year!

It is hard to believe that in this time we have had only three Directors, two of which served for 29 of those years. The program welcomes Drew Ibarra as the newest Director of Faculty and Staff Fitness.

It is nice to realize that something as good as Faculty and Staff Fitness continues to get stronger as we work together for a healthier campus here at OSU.

Thank you for making this program such a success.

Sincerely,

Rochelle Schwab
Coordinator of Faculty and Staff Fitness
College of Public Health and Human Sciences
541-737-3222

Upcoming Events

Dates and times of new upcoming events

NOW: Spring Schedule Online and Registration Open!

class and want to give back to the FSF family? FSF is providing several ways you can contribute to the program. Serve on one of the several committees that focuses on advancing the program through your leadership or donate to the FSF Endowment Fund that will focus on making FSF self-sustainable to provide future possibilities to Faculty and Staff.

Goodbyes

We unfortunately had to say goodbye after fall term to Rhonda Flatz-Byers and Olivia Klinkner

Rhonda is one of FSF's long time swim instructors. Focusing on our Master's Swim workouts. She has been invaluable as an instructor and will be missed. She plans to move up to Washington in the upcoming months.

Olivia first worked for FSF for 4 years and has worked for PAC for a couple of years. She is moving back to the mid-west to be with the rest of her family. She had taught cardio kick, aqua aerobics, cardio combo, and step.

Hello's

We have recently added several staff to our ranks as of

Fall:

Joseph Leslie-Aqua Aerobics

Brandon Lemcke- Swimming

Kyle Larkin- Back Conditioning Clinic

Winter:

Kendall Herriott-Tennis

Angie Greenwood-Pilates II

Kodi Byers- Swim I/II

Spring:

Tispora Berman-Active Tri-Flow

Beth Lambright-Therapeutic Water Exercise

Mar. 14- Winter Classes End

Mar. 24-28- Spring Break

Mar. 31- Spring Classes Begin

Jun. 6- Try-Athlon

Class Info

We are having some changes in upcoming courses. A few highlights are...

- Tennis is moving to a Beginner/ Intermediate class
- Cardio Kick is moving to MWF
- Zumba will have an additional evening time on Thursdays
- Intermediate Golf will be offered for Spring
- Dance is moving to 5:30pm on Tuesdays

Classroom Updates

Langton 12 and 13 are being remodeled in the upcoming weeks to open up the space into one large room with a stretching area. This may impact the classes in there for the next week, but should update the room and provide more space overall

A very generous donor gave us money to update Langton 006's chalkboard. We will be taking down the chalk board and putting up a magnetic whiteboard over spring break. When you come back we should be chalk free.

FAQ

Can I register for Physical Activity Courses?

Yes, individuals may register for a PAC class if it has space available after the first week of the term. You would register for the PAC class through the Physical Activity Office just like you would for an FSF class. The cost for the class would be the fee listed on the course catalog for each class. Most class fees are \$49 for two times a week and \$64 for three days a week. However, some do have additional fees to cover the cost of equipment and travel expenses associated with the class.

Can I donate to the Faculty and Staff Fitness Program?

Yes, you can donate to the FSF Endowment Fund that will focus on making FSF self-sustainable to provide future

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possibilities to faculty and staff. If you are interested, please contact us and we can get you more information.

Does FSF do make-ups?

Yes, we do offer make-ups for classes that were cancelled/ unable to run during the term. Make-ups are held during the finals week of the term. In addition because some classes are not allowed to run in finals week due to student finals, opportunities will be made available to participate in other classes in the FSF schedule.

What if I cannot attend a full term?

We offer Flex-Pass Options and Trial-Pass Options that allow you the flexibility to pick and choose classes from an approved list of classes. Options are:

5 (Trial)

10 (Flex)

20(Flex)

What if I am completely new to exercising?

We are here to help! Most of our classes are beginner friendly and Instructors are able to facilitate a smooth transition to a more active lifestyle. If you have any specific questions or concerns, please contact us and we would be happy to help you find a great fit.

Your Health and Wellness

Articles, topics, and promotions of health and wellness

[7 Benefits of Exercise \(Mayo Clinic\)](#)

Words from our Participants



Betsy Hartley

Director of External Relations, College of Agricultural Sciences.

I signed up for Rochelle's step aerobics class and Murphey's circuit weights class in January of 2012. I weighed 240ish pounds, had no workout clothes and was still dependent on insulin for managing my type 2 diabetes. I was working HARD to get off of medicine and had reached a point where food changes alone were not going to get it done. I had to start moving more. And I had no real idea where to start. Several folks suggested I look into the Faculty Staff Fitness program as a way to ease into the world of exercising... With my doctor's permission (and blessing!) I signed up for classes.

Hoping I would not be laughed at (I was NOT...) and hoping I could learn to keep up, I jumped in.

I remember telling Rochelle that I signed up for her class because I had heard how good she was as an instructor and that she was skilled at helping newbies adapt and succeed. At the start of the first class I told her that I had never done a class like this. And that honestly, just walking up the stairs to the classroom had about killed me... I was already sweating and tired. She kindly told me to simply do what I could and not worry about what anyone else was doing. I spent the first week or two in step aerobics simply marching in place behind my step. Really. That's all I had in me. But I kept coming back because Rochelle made me feel welcomed and involved - and she made it clear that she cared about my progress.

First day in circuit weights? I had to ask my assigned weight lifting partner, Nick Fluery (another FSF member and now good friend!) what the difference was between a dumbbell and barbell. I was clueless. And I remember that first weight lifting class feeling like my arms were going to be really sore. They were! And it took a while, but with strong encouragement from Mike, I was able to see improvements in just a few weeks. I remember the day, several months into consistently working on push-ups, when I first did 10 pushups in a row. It was a big day! And Mike was quick to remind me that it was because I had stuck with it and worked hard. And that next we would work on doing 12 in a row. :)

Year two of being part of the FSF program and the program has helped me realize some important changes. I am no longer diabetic and I am completely off of all medicines. I am now a solid, healthy weight. Exercise is a part of my daily routine. And I can absolutely tell the difference between a dumbbell and a barbell.

The classes being held on campus fit my schedule perfectly. I was welcomed by the instructors and the other class members. I was really worried about being intimidated or feeling like I didn't belong - both were worries that never materialized. It was a fun experience from the very

start. Hard work and lots of sweat, but fun and rewarding.

I support the FSF program for anyone. But I would really like to encourage anyone who wants to embark on a lifestyle change and who wants support in making those changes to sign up for a class! Just try it. You might discover something new that you love. Or find a hidden talent or skill. You might get healthier or stronger. You will make new friends. And you never know... It might just change your life. FSF classes are a large part of why I was able to reverse diabetes and lose weight. No doubt about it.

I also have to give credit to Rochelle, Drew, Mike, Jen and all of the other instructors for genuinely caring about all of the members who sign up for these classes and for generously investing their time and effort into helping all of us grow. This program is truly one of the hidden gems on our campus.

STAFF HIGHLIGHT

NIKKY KLAAS

EXSS Grad Student

ACSM Certified Person Trainer



What classes do you teach:

Step/Sculpt, Cardio Kickboxing, and Circuit Weights for FSF (Also teaching Cardio Kickboxing for PAC)

How long have you been teaching:

I taught my first class ever Winter term 2013 and got my first full time class Summer 2013 (Step/Sculpt for FSF)

What do you like most about teaching:

I really enjoy seeing people work out! I also know that I'm helping people reach their fitness and wellness goals, and that is very rewarding. My favorite part about teaching is seeing people come back to my classes for another term!

Where were born:

I was born in Portland, Oregon, and have lived in Oregon almost all my life. I grew up in Beaverton and then attended OSU for EXSS.

What are some of your personal interests:

I love snowboarding, cycling, drawing, making bracelets, and playing with my two animals- Hudson (cat), and Tiger (guinea pig).

Faculty and Staff Fitness Program

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