Know Your Numbers Health Screening (BEUHS619)
Fri, Jan 30, Feb 6 or Wed, Jan 28, Feb 4
Tang Ed Center, 7:30-10 am

*Know Your Numbers* is a fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, weight, body mass index (BMI), and waist circumference. Receive your confidential results immediately (seen only by Health*Matters staff) and resources for follow-up immediately. Plan for 20-30 minutes to complete the screening. With the knowledge of your health risks, take the next step by attending the Living Well Workshops.

**Living Well Series**
The **Living Well Series** provides the educational foundation to a healthy lifestyle, conveniently offered to follow Know Your Numbers.

**Strategies for Making Successful Lifestyle Changes**
Recorded Webinar: [uhs.berkeley.edu/facstaff/programs/wellness.shtml](http://uhs.berkeley.edu/facstaff/programs/wellness.shtml)
Want to make healthy changes in your life but unsure how to get started? This webinar will give you tools and knowledge to understand your readiness to change, create SMART goals, find motivation and maintain a healthy lifestyle.

**Nutrition Essentials for Healthy Living**
Recorded Webinar: [uhs.berkeley.edu/facstaff/programs/wellness.shtml](http://uhs.berkeley.edu/facstaff/programs/wellness.shtml)
Gain an understanding of the way foods you eat influence your body and how this contributes to health and disease. This webinar will also give you practical tools for identifying healthier foods, building nutritious meals, and keeping portions in check.

**First Steps to Functional Fitness (BEUHS618)**
Fri 2/6 or 5/1; 12:10 - 1:00 pm, 251 Hearst Gym
The journey to health begins with the **first step**. This introduction to the Get Fit in 7 Minutes workshop, will provide participants with the tools to design a sustainable and fun exercise plan, while learning how to safely execute the top 10 exercises for a complete strength and flexibility training routine. Participants will receive a band and guide for different types of workout routines. Comfortable clothing and athletic shoes recommended.

**Get Fit in 7 Minutes (BEUHS652)**
Thu 2/12 or Tue 5/5; 12:10 - 1:00 pm, Tang Ed Center
Come and learn how a **High Intensity Circuit Training (H.I.C.T.)** workout in just 7 minutes using your body weight, a chair and wall, can help you maximize your time and workout space. According to the American College of Sports Medicine, the combination of aerobic and resistance training in a high-intensity, limited-rest design can deliver numerous health benefits in much less time than traditional programs. **Prerequisite**: All first time or returning exercisers are encouraged to register for First Steps to Functional Fitness prior to attending this workshop. Comfortable clothing and athletic shoes recommended.

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**“Know Your Numbers screening was very helpful! The staff was great and I am now more motivated to lead a healthier lifestyle in the hopes of lowering my risk of disease.”**
~ T. K., UCB Faculty

**“I appreciate the convenience of the webinar and learning new strategies for making healthy changes.”**
~ A.L., UCB Staff