



# Resources For Physical Wellness

## WELLNESS COACHING

We all face challenges in our day-to-day lives that can wear us down. We've all been there. Wellness coaches can help everyone – not because something is wrong, but because feeling well feels right.

GVSU has collaborated with Priority Health to offer health and wellness coaching for its members through the [THRIVE @ GVSU](#) yearly program. From the comfort of your home, work with your personal coach to create a health and well-being plan that's best for you. THRIVE @ GVSU is a voluntary, confidential and free program:

- × Trained coaches from Priority Health provide a confidential sounding board for a variety of physical, emotional, social, and other hurdles and help you reach goals.
- × The three-month program is open to all medical benefit eligible faculty and staff and covered spouses/household members.
- × Investing in your wellness helps improve your life now and in the future.

### Join virtual coaching by June 30 to get your reward!

The deadline will be here before you know it. Be sure to join by June 30 to be qualified for the \$100 reward and make significant strides in your wellness journey for an improved life now and in the future with THRIVE @ GVSU.

Visit [gvsu.edu/hro/benefitswellness/thrive](https://gvsu.edu/hro/benefitswellness/thrive) for more information.

Interested in more rewardable programs through Priority Health? [Download this helpful checklist.](#)

## GROUP FITNESS

- × **Virtual options for faculty and staff:** Strength training, interval and cardio workouts anytime, anywhere! Visit our [Fitness Classes and Quick Workouts playlist](#) on our YouTube channel.
- × **Free livestream sessions via Zoom through June 19!** Register for the following classes online at [gvsu.edu/sprout](https://gvsu.edu/sprout):
  - × Sunrise Cycling – Mondays 6:45-7:30am
  - × Straight Up Strength – Mondays 12-12:45pm
  - × Yoga – Tuesdays 12-12:45pm
  - × Groove – Thursdays 12-12:45pm
- × **Free faculty and staff virtual group exercise summer 2020 Classes: June 22-August 21** *(No classes week of June 29)*  
The GVSU Human Resources team recognizes the value of self-care and physical activity during the COVID-19 pandemic. After careful consideration and deliberation of how to move forward with the summer faculty and staff group exercise offerings, the wellness program is offering a limited virtual faculty and staff group exercise schedule for the summer (via the Zoom platform) at no cost to participants. Register online at [gvsu.edu/sprout](https://gvsu.edu/sprout).
- × **Recreation & Wellness offerings:** Participate in livestream classes or view previously recorded workouts that you can do anywhere, anytime, using little to no equipment. There are also lists of outside resources that can assist you in staying well. Visit [gvsu.edu/rec/lakerstrong](https://gvsu.edu/rec/lakerstrong) to learn more.

## Additional Options

- × **Yoga and Groove with Terri Spaulding:**
  - × Follow [Terri's YouTube channel](#) for a variety of yoga classes.
  - × Join Terri for yoga via Zoom! Classes will be posted on the [City of Grand Rapids Parks and Recreation Facebook page](#).
  - × Follow Terri's [Get Off Go Coaching Facebook page](#) for live groove and yoga classes.
- × **Zumba with Valerie:**
  - × Every Wednesday at 6:30pm via Valerie's [VSJ Fitness Facebook page](#).
- × **Boot Camp and Core classes:**
  - × Classes offered via [Life Addicts Studio Facebook page](#) with Whitney and Travis.
  - × Additional [Facebook Live options through Recreation & Wellness](#).

GRAND VALLEY STATE UNIVERSITY

# HUMAN RESOURCES

BENEFITS & WELLNESS | PROFESSIONAL DEVELOPMENT | CONFLICT RESOLUTION | CAREER SERVICES | COMPENSATION & EMPLOYMENT

[gvsu.edu/hro/benefitswellness](https://gvsu.edu/hro/benefitswellness)