



# FACULTY AND STAFF WELLNESS PROGRAM

*Making UC Riverside a Healthy Place to Study, Work, & Live*



## Move Well: Nurturing Health and Wellness Through Movement

Human movement is a dynamic and integral aspect of our existence, shaping the narrative of our collective journey through time and space. From the nomadic trails of ancient civilizations to the bustling highways of modern metropolises, the rhythm of our footsteps echoes the diverse stories of migration, travel, and exploration.

Whether propelled by the pursuit of opportunity, the search for refuge, or the sheer curiosity that drives us forward, our movements create a rich tapestry of experiences. Each step leaves an indelible mark on the landscapes we traverse, fostering cultural exchange, understanding, and interconnectedness.

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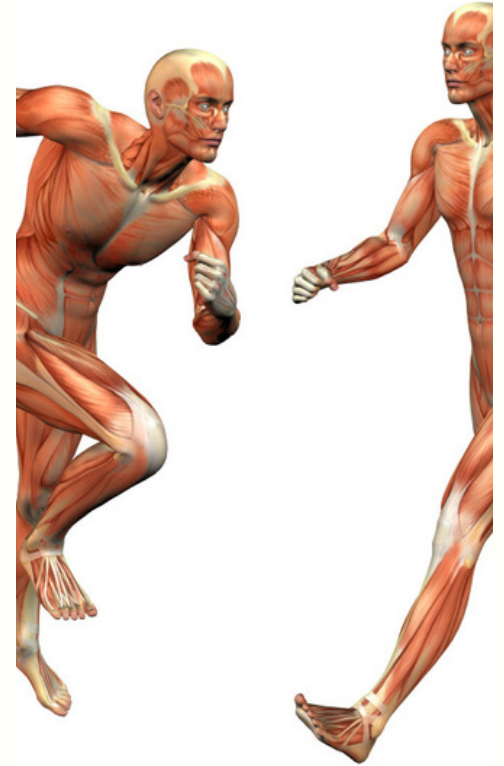
# Kinetic Harmony: The Wonders of Human Movement

Human movement is a remarkable symphony of muscle contractions orchestrated by the central nervous system to produce joint actions, enabling us to accomplish various tasks. These tasks range from simple actions such as raising a glass of water to dynamic movements such as an explosive golf swing. When we consider the multitude of muscle and joint actions the body can perform, the potential for creating diverse movement patterns is virtually limitless.

This orchestration begins with the brain, which sends signals through the spinal cord to the muscles, telling them when and how to contract. Muscles, in turn, pull on bones to create movement at the joints. This complex interplay of muscles, bones, and nerves allows us to walk, run, jump, and perform countless other activities with ease.

Moreover, movement is not just about physical actions; it also plays a crucial role in our mental and emotional well-being. Engaging in physical activity can help reduce stress, improve mood, and boost cognitive function. It is a fundamental aspect of human existence, connecting us to our environment and to each other.

In essence, human movement is a testament to the incredible capabilities of the human body and mind, highlighting the intricate and harmonious relationship between our physical and mental selves.



## Grounded Wellness: Cultivating Stability for a Balanced Life



The ability of the body to maintain postural equilibrium and support joints during movement. Each joint in the body has a specific function, with some providing stability (foot, knee, lumbar spine, cervical spine, elbow) and others mobility (ankle, hip, thoracic spine, shoulder, wrist). This alternating pattern of stability and mobility creates the kinetic chain, crucial for dynamic movement. Disruptions in this pattern, caused by factors such as musculoskeletal injury or muscle imbalances, can lead to movement dysfunctions and injuries.

### Stability Exercises

- Single leg stance
- Single leg heel raise
- Squats on a Bosu ball or balance board
- Split squats
- Plank Variations
- Bird Dog
- Single Arm Exercises (single arm shoulder press or chest press)

# Elastic Vitality: The Power of Stretching for a Healthier You



Stretching is an active process trying to elongate the muscles and the connective tissues to increase the state of flexibility. Some benefits of stretching include:

- **Increasing Flexibility To Prevent Injury**

- Improving flexibility through regular training can help prevent muscle imbalances. When imbalances occur, the body tends to favor easier movement paths, leading to poor posture, improper form, and a higher risk of injury.

- **Reducing Inflammation**

- Flexibility training can reduce inflammation caused by poor posture and repetitive movements that limit the body's range of motion. These movements are treated by the body as injuries, leading to inflammation as a protective response. Increased muscle tension to prevent further injury can result in muscle adhesions, commonly known as "knots," further restricting muscle movement and elasticity.

- **Improving Strength**

- Improved flexibility can enhance strength and performance in physical activities. Flexibility aims to enable control of muscles through a full range of motion, thereby improving strength. Additionally, sore or stiff muscles can hinder the ability to engage in explosive movements or perform well during training.

- **Freedom Of Movement**

- Flexibility enables freedom of movement for everyday tasks such as tying shoes, lifting groceries, and vacuuming. As we age, these activities can become more challenging, making regular stretching essential to maintain ease of movement.

- **Relaxation and Relief**

- Stretching benefits mental health by reducing stress, enhancing mood, promoting mindfulness, improving sleep, boosting energy levels, relieving pain, and increasing confidence and self-esteem. Incorporating stretching into your routine can have holistic benefits, improving both your physical and mental well-being.



# Types of Stretching Modalities



Here are different types of stretches:

- **Self-Myofascial Release**
  - Myofascial release involves using tools such as foam rollers and lacrosse balls to reduce muscle trigger points or "knots." Applying gentle pressure to these areas can help realign muscle fibers and alleviate pressure. When using myofascial release, it's essential to hold pressure on trigger points for at least 30 seconds. This technique is beneficial before exercise and other forms of stretching.
- **Static Stretching**
  - Static stretching is a widely recognized form of stretching that involves extending a muscle to its maximum point and holding the position for at least 30 seconds. This method can help elongate tight muscles and has been shown to improve flexibility with daily practice over time.
- **Active Stretching**
  - Active stretching involves using the strength of one muscle group to stretch an opposing muscle group. Yoga often incorporates this by activating certain muscles to stretch others. This type of stretching can enhance range of motion and serves as an effective warm-up before high-intensity exercise or sports.
- **Dynamic Stretching**
  - Dynamic stretching involves moving muscles through a range of motion to enhance flexibility and mobility. Unlike static and active stretching, dynamic stretches are not held. This form of stretching is excellent for warming up muscles before high-intensity exercise or sports.

# Unleashing Your Strength: Effective Resistance Training



Resistance training involves working against a force to increase muscle strength, endurance, and size, using weights, resistance bands, or body weight. It can target specific muscle groups or the entire body, improving fitness, athletic performance, and health. Depending on your goal, below are suggested sets and repetitions for each type:

Type	Sets	Repetition	Intensity
Power	3-5	1-3	80%-90% of 1 Rep Max
Strength	3-5	2-6	85% of 1 Rep Max
Hypertrophy	3-6	6-12	67%-85% of 1 Rep Max
Endurance	4-6	12-20	Up to 67% of 1 Rep Max

## Move More, Sit Less: Non-Exercise Movement

Non-specific exercise movement refers to physical activities that involve movement but are not tied to a specific exercise regimen or routine. This can include everyday movements such as walking, climbing stairs, gardening, or playing with children or pets. These activities contribute to overall physical health and well-being by promoting cardiovascular fitness, muscle strength, flexibility, and balance. They are beneficial for individuals of all ages and fitness levels, helping to improve mood, reduce stress, and increase energy levels. Incorporating non-specific exercise movement into daily routines can enhance overall health and complement more structured exercise programs.



## Exercise Tips and Techniques

- **Start Slowly:** If you're new to exercise, start with light activities and gradually increase intensity to avoid injury.
- **Warm Up:** Always warm up before exercising to prepare your muscles and reduce the risk of strains.
- **Stay Hydrated:** Drink water before, during, and after exercise to stay hydrated. Aim to drink at least 1/2 your bodyweight in ounces of water.
- **Proper Form:** Use proper form to prevent injuries and maximize the effectiveness of your workout.
- **Mix it Up:** Incorporate a variety of exercises into your routine to target different muscle groups and prevent boredom.
- **Listen to Your Body:** If you feel pain or discomfort, stop exercising and rest. Pushing through pain can lead to injury.
- **Cool Down:** After exercising, cool down with stretching to improve flexibility and reduce muscle soreness.
- **Set Realistic Goals:** Set achievable goals to stay motivated and track your progress.
- **Rest and Recovery:** Give your body time to rest and recover between workouts to prevent overtraining.
- **Consult a Professional:** If you're unsure about how to start or progress your exercise routine, consider consulting a fitness trainer at the SRC for guidance.





# Wellness Events On Campus

## STUDENT RECREATION CENTER



- **Mobility Training**

- Session 1 - Every Monday and Wednesday, April 22nd - May 15th, 4:00 - 5:00pm
- Session 2 - Every Tuesday and Thursday, April 23rd - May 16th, 12:00 - 1:00pm
- Location - MPR E in SRC South
- Cost - \$50 for Members

- **Highlanders on Weights**

- Session 1 - Every Monday and Wednesday, April 22nd - May 17th, 5:30 - 6:30pm
- Session 2 - Every Tuesday and Friday, April 23rd - May 17th, 4:30 - 5:30pm
- Location - Functional Training Area in SRC South
- Cost - \$50 for Members

## UCR FACULTY AND STAFF WELLNESS PROGRAM



- **Biometric Screenings**

- Tuesday, March 19th from 8:00 am - 11:00 am / 12:00 pm - 3:00 pm
- Located at the Bell Tower
- Free for all Faculty and Staff
- Register: <https://wellness-event.kaiserpermanente.org/>
- Code: UCR