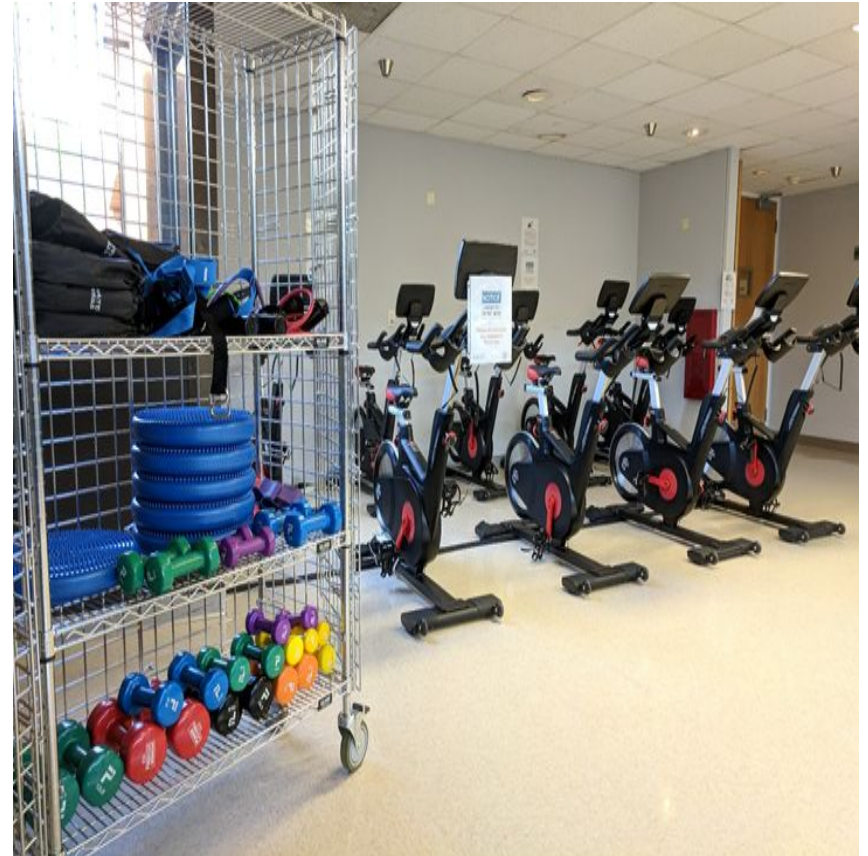


*Employee
Gym & Wellness Center
Competency*



The Employee Wellness Center is here to support your health and wellness. It includes:

- A dedicated space for employees to exercise on state of the art equipment
- Locker rooms and shower facilities
- A meditation and relaxation courtyard
- Group fitness and wellness classes



How do I access the Employee Wellness Center?

- The Employee Gym & Wellness Center is located in the Dominican Employee Conference Center (DECC).
- All employees that wish to use the Employee Wellness Center and/or participate in employee wellness classes must complete the following items:
 - ✓ This curriculum (presentation & test)
 - ✓ Sign a release waiver
- Once you have completed these items your employee badge will be activated allowing you access to the employee gym and locker room areas

When can I use the Employee Wellness Center ?

- Employees may use the Employee Wellness Center and/or participate in employee wellness classes, on a voluntary basis, during their non-working hours.
- The Employee Gym is open 24 hours a day, 7 days a week

What equipment is available?

- The Employee Gym & Wellness Center includes treadmills, elliptical trainers, spin bikes, suspension trainers, resistance bands and stability balls.
- The cardio equipment includes touch screen console technology with interactive courses.



How can I safely use the treadmills and avoid this?

- Wear appropriate footwear (no sandals or flip flops)
- Start by placing one foot on either side the deck
- Start slowly and increase your speed gradually
- Maintain proper posture by “walking or jogging tall” and avoid leaning on the handlebars
- Cool down by walking/jogging slowly for five minutes before stopping
- Make sure the treadmill has come to a complete stop before stepping off



How can I safely use the Elliptical trainer?

- Step on the machine slowly and carefully using the hand rails
- Start at a slow pace and gradually increase speed
- Keep an upright posture with your shoulders back and head held high
- Avoid leaning on the machine
- To avoid numbness and tingling in the toes place your feet near the inside edge of the pedals
- Keep a loose grip on the handlebars



How can I safely use the stationary upright and recumbent bicycles?

- Adjust the seat to the proper setting. When the pedal is at the lowest position, you should have a slight bend in your knee. You shouldn't have to strain or rock your hips to pedal
- Press from the ball of your foot and through the heel as you push down on the pedal and pull up with your foot on the upstroke
- Maintain proper posture. Keep your chest up, shoulders back and down and abdomen drawn in. Avoid rounding your back and hunching over the bike



Is there anything I should know about using the spin bikes?

- To avoid injury proper set up is very important.
- First, adjust your seat height. When standing next to the bike the top of the seat should be the same height as your hip. When your leg is fully extended on the bike your leg should be neutral, not locked with a slight bend at the knee.
- Second, adjust your seat position. Sit on the saddle with both pedals at an equal distance from the ground. If you were to drop a string from your knees it should land over the ball of the foot.
- Third, adjust your handlebars to the same height as your seat. If you have low back issues you may want to position the handlebars even higher. Your handlebars should also be far enough away that your shoulders can relax and you can maintain a slight bend in your elbows.

Spin bike adjustments



How do I safely use the suspension trainer?

- Ensure the device is securely anchored
- Start slow and use caution
- Ensure there is tension throughout the entire range of motion of the exercise
- Refer to chart posted in the Employee Gym (small enclosed room) for sample exercises



Training tips

- Start slow. Begin exercising 2-3 days/week and increase gradually
- Avoid increasing your routine by more than 10% per week
- Stay hydrated. Be sure to drink water before, during and after your workout
- Food/snacks are not allowed in the gym spaces
- Mix up your routine regularly and avoid performing the same exercises every day
- Be realistic in your expectations and set reasonable goals

Are there classes available for employees?

Absolutely! Here are a few of our current offerings. Employees are also eligible to participate in more than 100 classes offered through the PEP program.

Take Charge of Your Nutrition

Join a registered dietitian for a series of free informative talks to improve your diet and lifestyle. Topics include: Unhealthy Eating-Breaking the Cycle, ABC's of Mindful Eating, Emotional Eating and Stress, Plant-Based Eating.

Balance, Bones & Strength

Join us for a gentle movement series including functional movements using body weight, dumbbells, and TRX. Balance and postural movements will also be included. No prior experience required, all levels welcome!

Mindful Walking

Take a 15 minute break to learn a simple approach to mindfulness that's easy to incorporate into your daily routine.

Guided Meditation

Learn how to feel more calm, focused, and to more easily let go of daily stressors and challenges. This class is appropriate for beginners as well as those who already have a regular meditation practice.



Are there shower facilities?

- Yes! Shower facilities are available in the locker rooms. Employees who return to work after using the Employee Wellness Center should do so in their normal work apparel.
- Lockers are available for use while employees are using the Employee Gym or participating in an exercise class. When you are finished, please remove all personal belongings after each use. Lockers and hooks are not to be used for overnight use. Locks left on lockers beyond this time period will be removed.
- Photos are prohibited in the Employee Wellness Center, locker and shower areas
- The Employee Wellness Center, Gym and locker areas are scent free areas.

What can I do to ensure the employee gym is a safe and comfortable place for everyone?

We're glad you asked! When using the gym we ask that you please abide by the following:

- **In case of emergency call 9-911 then 6666 (hospital operator). An AED is located in the DECC lobby.**
- **Use of the gym is limited to Dominican employees; Friends or family members are prohibited**
- **Proper athletic wear, including closed toed shoes and shirts, must be worn at all times.**
- **If a piece of equipment is no longer working please unplug it, place an "Out of Order" sign on the equipment and notify EmployeeWellnessDSC@DignityHealth.org**

What can I do to ensure the employee gym is a safe and comfortable place for everyone?

- **Be considerate of others**
- **Sanitize equipment after each use**
- **Do not leave personal belongings on the floor.**
- **Take cell phone conversations outside the gym.**
- **Keep all gum, food and beverages, other than water, outside the gym area**
- **Alcoholic beverages are prohibited**

Most importantly...

- Smile, sweat and have fun!!!



Scan this code to see the latest
Employee Wellness offerings

