

# CENTER FOR HEALTHY LIVING NEWSLETTER



## WHAT'S COMING UP

- August 4 -Fall Intramural registration begins
- August 27 - We Are UNMC BBQ (UNMC Only)
- **August 31-CLOSED for Labor Day**
- **September 1-CLOSED for Labor Day**
- September 2-NEW Group Fitness Schedule starts
- September 8- THRIVE Challenge Starts



## WELCOME KIM!

You may have noticed a new face around the Center—Kim Rohloff! Kim is our new Exercise Fitness Associate. She will be teaching group fitness classes, leading personal and small group training sessions, and assisting with various tasks throughout the Center.

With over a decade of CrossFit experience and eight years of coaching, Kim brings a deep passion for functional fitness and a commitment to helping people thrive at every age and stage of life. She has worked with a wide range of clients, tailoring training to support individual goals, build confidence, and promote long-term health. Kim blends technical expertise with genuine care and encouragement. Her goal is always the same: to make fitness accessible, challenging, and empowering.

## THRIVE CHALLENGE

**September 8–October 17**

THRIVE is a catchy acronym that stands for Transforming Health and daily Routines by Inspiring Vitality in Everyone. The program's goal is to inspire and empower participants to incorporate more activity into their daily routines, especially during the work or school day when people tend to sit for long periods of time.



The program is free and open to members of the UNMC/Nebraska Medicine community, which includes students and employees as well as members of the Center for Healthy Living (CFHL). Participants do not need to be CFHL members to join the challenges.

**Register through the Events page at [www.unmc.edu/cfhl](http://www.unmc.edu/cfhl).**

## FALL INTRAMURALS

Get ready to dive into the fun! Fall Intramurals are back and starting the week after Labor Day, on September 2nd!

### Fall Sports Lineup:

- Sand Volleyball
- Futsal (Indoor Soccer)
- Pickleball
- Indoor Volleyball

Gather your team and register, it's a great way to stay active, meet new people, and enjoy some friendly competition.

### Registration Details:

- Sign up at [www.unmc.edu/cfhl/intramurals](http://www.unmc.edu/cfhl/intramurals)
- Deadline to register: August 25th

Don't miss out on the action, secure your spot today and make this fall unforgettable!



## SMALL GROUP TRAINING

We are launching 6-week small group training classes designed to provide participants with a focused, motivating, and supportive environment to improve their fitness. Each session will incorporate specialized gym equipment such as battle ropes, sleds, rowers, fan bikes, and more. The program is open to all fitness levels, with modifications and progressions available to meet individual needs. **You can sign up as an individual or with your friends.**

- Tuesday's 7:30-8:15am with Kim
- Wednesday's 1:00-1:45pm with Kristal
- Thursday's 11:30am-12:15pm with Kristal
- Friday's 12:00-12:45pm with Kim

**Duration:** 6 weeks (September 8-October 17)

**Frequency:** 1 session per week

**Group Size:** 4-6 participants per group

**Session Length:** 45 minutes

**Cost:** \$16 per session per participant (\$96 for the full 6-week series)

**Ready to take your fitness to the next level? Email [CFHLFitness@unmc.edu](mailto:CFHLFitness@unmc.edu) to join one of our small group training sessions today!**

**SCAN THE QR CODE FOR MORE INFORMATION  
ABOUT THE CENTER FOR HEALTHY LIVING**

