



Fort Bend County Podcasts

Podcast Episode 4- Health & Wellness part 2

June 12, 2024

Gina: Welcome to this week's Benefit Detective Podcast. I'm Gina.

Wendy: And I'm Wendy and let's welcome back Elexis Fellers, our Wellness Coordinator and Trainer with Fort Bend County, for part 2 of the Health and Wellness discussion from last week.

Elexis: Hey, everyone.

Gina: Hi, Elexis.

Elexis: How's it going?

Gina: All is well.

Elexis: Perfect, just a quick reminder to everyone listening. Our on-site biometric screenings will start Tuesday, June 25th, and run through August 16th. If you're discouraged by your numbers or looking for a way to improve your numbers, we have a couple of free options that you can utilize to help you benefit your overall health and wellness.

Gina: Oh, tell us more.

Elexis: So our first free option is our Fort Bend County Fitness Facility Centers. We have six different centers located around the county. Our first is at the Rosenberg Annex. The second is at the Travis Building. The third is at the Gus George Academy. The fourth is at Emily Court in Sugar Land. The fifth is at Missouri City Annex and the last one is at the Sienna Annex. And mind you, all of these fitness centers are free to the Fort Bend County employees.

Elexis: To get access to these, all you have to do is complete a fitness waiver and send it on into health wellness at fortbendcountytexas.gov. And don't forget, we have an outdoor park, it's the Mirabeau B. Homestead Lamar Park, located in Richmond, Texas, right across the street from the Justice Center.

Wendy: And what is the other option?

Elexis: Our other option is our free group exercise classes. We have a total of nine different classes that employees can participate in. These classes run Monday through Friday.

Wendy: That's awesome. What kind of classes do you offer?

Elexis: So on Mondays, we offer the build and breathe Pilates from 12:10 to 12:50. This is a beginner class. This class focuses on posture, balance, and coordination. And then Monday evenings from 5:15 to 6:15, we have step aerobics. On Tuesday, we have mind over matter yoga from 12:10 to 12:50. This is a



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relaxing yet energizing yoga class that focuses on increasing your flexibility and strength, as well as your cardio and circulatory health. Tuesday evenings, we have salsa. This is an exhilarating journey into the world of Latin dance. Whether you're a seasoned dancer or taking your first steps on the dance floor, this class will help improve coordination, balance, and rhythm, all while burning calories and having fun. Wednesdays, we have tighten and tone from 12:10 to 12:50. This is a toning class that will work your entire body. Wednesday evenings, we have chisel circuit. Chisel circuit is a total body workout that incorporates weights for a unique dynamic to yoga poses. Thursdays is lunch crunch. This is a class designed to focus on the core and back muscles with a variety of core movements and abdominal work to improve your posture. Thursday evenings is body blast. This is a total body workout that is strengthening and conditioning. And then last but not least, taking it easy on Fridays is our Pilates Unlimited. This is for core strengthening, designed for developing strength, flexibility, muscular endurance, and balance.

Gina: And all of this information was already sent out via email. Right, Elexis?

Elexis: Yes, ma'am. The email will include the schedule, location, and description of the fitness classes. But also remember, before taking the classes and exercising in one of our fitness centers, employees must complete a fitness waiver.

Gina: Okay, that's always good to know. And if they needed to go back to look at any previous month or even this month, people can go into their email and search out that email address. And what was that again?

Elexis: Health Wellness at Fort Bend County tx.gov.

Gina: Well, that's great that you explained all of that of what's what for each class. But let's just say, like, I'm a very, very, very beginner. ****Laughing**** So compared to, like, y'all, which, like, Wendy can be, like, an expert and you can be an intermediate. ****nervous laughing**** I mean, am I gonna be noticeable at these classes?

Elexis: Well, that's the beauty of these classes. All of these classes, we welcome all different fitness levels, whether if you're a beginner, whether if you're an expert, whether if you're an intermediate, these classes are designed for you, so you take these classes at your own pace. All the instructors are awesome at modifying different exercises. They're great at focusing on what you need and your needs entirely.

Gina: Okay. So you heard it, at any level, so feel free.

Wendy: And where are these classes offered?

Elexis: These classes are located on the third floor of the Travis building in our group exercise room.

Gina: Awesome. Awesome.



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Gina: Well, thanks, Lexis, for giving us the information about the gyms and these great group exercises that are free to all Fort Bend County employees. That's fantastic.

Elaxis: Absolutely.

Gina: Well, that will wrap up this week's Benefit Detective Podcast. I'm Gina.

Wendy: And I'm Wendy and remember to listen every Thursday for our Podcast. And don't forget, email us your topics and any questions you have regarding any of our benefits.

Elaxis: Once again, thank you guys for having me. And we had a special surprise that we are currently working on and that will be revealed to all of you hopefully soon.

Gina: I like it. And remember, the Benefit Detectives are here to help.