



BHIP

BRUIN HEALTH IMPROVEMENT PROGRAM

GUIDE

The Bruin Health Improvement Program (BHIP) is a three-month physical and mental conditioning program designed to increase the fitness and thereby the health of the UCLA Employee. It is funded by UCLA and is a tremendous investment in UCLA's most precious resource: the staff and faculty.

The BHIP Participant

- Is ready to increase his/her capacity and mental fortitude to do physical work.
- Enjoys the sense of achievement from completing difficult physical work.
- Is tired of complacency, mediocrity, and the status quo.

Program Dates & Times

Physical activity sessions will be held 3 days a week on Mondays, Wednesdays, and Fridays. You will be required to attend at least three 30 min nutrition sessions with a dietician. All other nutrition information will be provided online. Opportunities for a one-on-one consultation with the dietitian will also be provided.

*Dates subject to change

Location of Classes

Classes will meet most often at the track and occasionally at the JWC. Exact locations for each session will be emailed to you weekly and can also be found on the Facebook page, the BHIP web page at www.recreation.ucla.edu/bhip, or by calling the FITWELL Services Desk at 310.206.6130.

Building Access and Showers

Access to the John Wooden Center will be added to your BruinCard. Please bring your BruinCard with you each day. You will be allowed to access the building up to 30 minutes prior to class, and you may stay up to 1 hour after class to shower, etc. Locker rooms are located at the back of the building. There are day lockers available for \$1 to store belongings, but there is no long-term storage available. BHIP is not responsible for loss, theft or damage to personal property.

Facebook Page and Website

To promote communication, build camaraderie, and provide information, please join us on Facebook at facebook.com/bhipucla, and check in frequently. You do not need a Facebook account to view this page. The website is www.recreation.ucla.edu/bhip.

BHIP Staff

The BHIP FITWELL Staff is comprised of many talented, certified, and dedicated fitness and nutrition professionals who are eager to work with you!

Preparing for BHIP

All you need to do is search your closet for some old comfortable workout clothes and athletic shoes. Nothing special required.



PROGRAM COMPONENTS

PROGRAM COMPONENT #1 Physical Fitness

This is a comprehensive strength and conditioning program designed for UCLA employees. This is **not** a weight loss program.

Sessions will include functional movements such as squatting, pushing, pressing, lunging, bending, throwing, pulling, running, and optional jumping. If you have a current orthopedic injury or condition that may preclude you from performing any of the aforementioned movements, BHIP is not the best choice for you at this time. Instead, you may want to consider one of our many other less impactful physical activity programs offered within the FITWELL Program.

Workout Structure Each day, we will begin with the introduction of a skill. We will practice that skill, review the previous day's skill, and then engage in the workout of the day.

Scaling Every workout will be scalable, meaning it can be adjusted to most fitness levels but cannot accommodate existing physical limitations, conditions, and injuries.

Building The Foundation We'll focus on foundational/functional movements to provide a core strength and conditioning program. Core, here, has two meanings: 1) The fitness we will help you develop is foundational to the rest of life and all other athletic endeavors. 2) This fitness will also develop your human skeletal center/axis of movement. Functional refers to developing the human movements that are natural, essential to living, rehabilitative, and safe.

Technique First, Then Intensity We will train our bodies to increase our cardiovascular fitness and improve our stamina, strength, and mobility. We will practice skills and movements to improve our coordination, accuracy, agility, and balance. Overall, strength is the goal and emphasis.

Always Performance Based Workouts are qualitative and quantitative—measurable. Focus on your performance.

Recovery Workouts will be planned to allow for adequate recovery and safety. Every person, however, is different. You are your own best guide. Learn to recognize when you are on thin ice. During a workout, you may become aware of a muscle. You may feel a twinge, or you may just have something telling you to not finish a set or back off. If you are feeling like you are on thin ice, stop, lower the weight, reduce the repetitions, slow your pace and/or consult your coach. Listen to yourself. You are your own best guide.



PROGRAM COMPONENT #2 Nutritional Fitness & Fueling Your Body

The nutrition education provided will teach you to fuel your body for life. You will not be provided with a diet to blindly follow for a designated period of time. You will be taught how to fuel your body. All the critical concepts of 1) nutrients, 2) calories, 3) meal planning, 4) shopping, 5) cooking, 6) vitamins and minerals, 7) mindfulness, 8) food, culture and emotions, 9) stress and sleep, 10) and much more will be covered by a qualified professional.

PROGRAM COMPONENT #3 Mental Fitness Resources

Take advantage of your campus resources for your overall health.

- **UCLA's Staff and Faculty Counseling Center (SFCC)**
<https://www.chr.ucla.edu/employee-counseling>

Additional Resources:

- *Mind Gym: An Athlete's Guide to Inner Excellence* by Gary Mack is the suggested reading for this program. It is completely voluntary, not mandatory

BHIP-NESS: CREATING OUR CULTURE

1. Show up to class on time. Come early and warm up slowly if you'd like.
2. Be prepared.
 - Be hydrated when you go to bed the night before. Drink regularly. Bring water with you to class.
 - Be fueled.
 - Wear appropriate clothing and shoes.
 - Show up ready to work hard. Do your best. You will never regret working hard and doing your best.
3. Do your best to maintain a positive attitude and support your fellow BHIPers.
4. Consider bringing a notebook to class. Use it to record your workout outcomes and take notes on concepts that speak to you.

Items of Understanding

1. **Nature of Program** This is a voluntary program. It is physically challenging. If you are 40–50 pounds (or more) overweight, have been sedentary for over a year, and feel that the elements of BHIP described in this guide seem to be above and beyond your level at this point, ask us about BHIP .5.
2. **Privacy** All personal information provided and obtained within the BHIP will remain confidential. The scores and test results will be aggregated for comparison but anonymity will be maintained. Your individual participation and performance will not be shared with anyone without your consent. Pictures/ videos will be taken. You can opt out of these at any time by letting the photographer or coach know that you do not wish to be photographed. A Facebook page will be maintained by UCLA FITWELL to post workouts, provide information, and resources and to promote community and support. Your participation is encouraged but voluntary.
3. **Tardiness** Coming late to class is not good for anyone. You may, however, still be admitted up to 10 minutes in to the class if it is still safe for you to join. See your coach for instructions upon your arrival. If you are going to be more than 10 minutes late, please do not come to class. Decide to work out on your own, or come to a later class that day. Any missed class, however, will count as an absence.
4. **Absences** Three absences will be allowed. The missed classes cannot be more than two consecutive classes. If you miss more than 3 classes in total, you will be dropped from the program but be eligible to participate in a future BHIP OnRamp.
5. **Program Assessments** There will be two major assessment periods falling at the beginning and the end of the program with shorter follow up assessments/questionnaires after the completion of the BHIP OnRamp.
 - **Online Pre-assessment** You will be emailed a questionnaire prior to the start of the program. This must be completed before the start of the program.
 - **Physical Assessment** These will include waist and hip circumference, weight, and several physical fitness performance tests. We will do the assessments in class. You must be present for these assessments.
 - **Pre-assessment dates:** first week of BHIP
 - **Post assessment dates:** last week of BHIP.
 - **Online Post-Assessment** To graduate and complete the program, you must complete the post-assessment at the end of the program. This must be completed by the last week.
 - **Follow-up Assessment** You will be emailed questionnaires periodically after the program completion. It is very helpful to us and for the success of the program if you continue to complete these questionnaires. We appreciate your time.
6. **Research Participation Opportunity** You may have an opportunity to participate in the research of several UCLA Faculty. The time commitment is minimal but your participation is extremely valuable to the overall mission of the university. You will be emailed with the invitation to participate. Your participation is completely voluntary.
7. **BHIP Onramp Completion** To graduate and receive your graduation certificate, BHIP T-shirt, and eligibility to participate in the BHIP OnGoing program, you must complete the pre and post online questionnaires, be present for all physical assessments, and have no more than 3 total absences.
8. **BHIP OnGoing Program** Upon successful graduation, you will have the opportunity to participate in the OnGoing program. BHIP OnGoing is offered 7 times per day, Monday-Friday. You choose up to 3 days per week (\$20 per month plus membership or \$40 per month without membership) or up to 5 days per week (\$30 per month plus membership or \$50 per month without membership) of coached workouts.
9. **Participation Restrictions** Any BHIP graduate would be allowed to apply to participate in another BHIP rotation after 1 year or by consent for a fee of \$150.