



12 Months of Wellness



JANUARY

Start the year off right with physical activity – it helps you lose weight, burns calories, increases metabolism and helps prevent bone loss.
Most people don't have time to exercise...you have to make time!

FEBRUARY

Regular physical activity can help decrease the risk of colon cancer by 40–50%.
A personalized exercise prescription from the Wellness staff can help you achieve your goals.

MARCH

Physical activity can help you sleep better. It can help with insomnia.
We provide health screenings during the year including blood pressure, osteoporosis and cholesterol.

APRIL

Studies show that walking 30 minutes a day 5 days a week can increase life span by 1 – 2 years. Running can increase life span by up to 4 years.
Weight loss your goal? Try the Latin Rhythms class.

MAY

30 minutes of physical activity at least 3 – 5 times a week can help alleviate depression.
Pilates will help strengthen your core and reduce back pain.

JUNE

Brisk walking a couple times a week can help reduce breast cancer risk by 20% in post-menopausal women.
Tone up your entire body with Muscle Madness or Power Bar Training.

JULY

30 minutes of physical activity 5 days a week can cut the risk of catching a cold by half.
To relieve stress and improve flexibility join Jan for De-Stress and Stretch.

AUGUST

People who exercise have more energy than people who don't.
Improve posture and find your inner calm with Yoga.

SEPTEMBER

Physical activity, especially resistance training, increases bone density and reduces the risk of osteoporosis.
Need to firm up those abs? Try C.O.R.E. training with Eli.

OCTOBER

30 – 50 minutes of physical activity a day reduces the risk of developing heart disease by half.
Reduce your risk of osteoporosis with resistance training exercises in the Wellness Center.

NOVEMBER

Regular physical activity can reduce the risk of developing Alzheimer's and dementia by 30 – 40%.
Firm up your legs and back side the fun way in Gutts-n-Butts.

DECEMBER

Physical activity boosts self-esteem and can improve your sex life.
The Wellness Center offers many services free such as fitness assessments and nutrition consultations.