

Class Descriptions

Trail Walkers Club- -Get outside for an aerobic workout while we walk the trail at a steady pace. Come join us and get moving!

Group Fit Plus—Small groups interested in a more intense and concentrated workout.

Chair Flow Yoga- Come join us with relaxing music and flowing movements. Learn to breath right, relax your mind, and loosen up the tension in the body.

Mindful Floor Yoga- This class is designed to cultivate focus, stamina, strength, and flexibility.

Balance and Coordination/Posture- This class will keep your body and mind prepared for the unexpected so that your reaction time and balance /posture are at their sharpest! Make sure you're ready for what life throws your way. Please sign up for a Balance class with Su.

Must sign up for Balance.

Strength & Stretch- Strengthen, stretch, and tone all the important muscles keeping your body strong so you are able to do everyday tasks easier and with less discomfort.

Easy Does It - This is a slow paced class designed for those resident's who need a little extra attention and assistance. This class will help regain strength and assist with range of motion using light weights and tension bands.

Easy Does It 2 - This is a slow paced class designed for those resident's who need a little extra attention and assistance. This class uses body weight with precision exercises to target major muscle groups needed to for every day tasks.

Kiss My Bath

Pain Relieving

Magnesium Infused Products

Magnesium deficiency can be the culprit in many body conditions. Taking this crucial element right to the source can help to relieve:

*Chronic Back Pain *Headaches *Insomnia
*Fatigue *Constant Brain Fog And many more

Sold in the Wellness office.



Massage Therapy

Enjoy a massage created especially for you. Whether you are seeking relaxation, improved circulation, or pain relief, massage is a perfect way to improve your overall health. Our massage therapist will design a massage to meet your individual needs.

Massage therapist Diane Dahlquist specializes in therapeutic massage, joint therapy and range of motion. See Dessary to schedule your personalized session, 24 hour notice when scheduling appointments and 12 hour notice when canceling.

Hours: Wednesday 9:00AM—2:00PM
Pricing: 30 Minute Massage \$30



Personal Training Sessions

Schedule a one-on-one personal training session designed especially for you and your specific needs. Price of session is \$30 for 30 minutes. Schedule an appointment with Dessary.



Joint ProMotion™

Supplement for General Joint Health
Joint ProMotion is a powerfully unique product that helps lubricate and protect the joints. Glucosamine, an amino sugar, plays a vital role in the formation and support of healthy cartilage. The presence of glucosamine supports the cells that produce proteoglycans, which in turn helps support cartilage. The amount and quality of glucosamine found in Joint ProMotion make it a very beneficial product for men and women of all ages.

Key Benefits:







- Helps lubricate and protect joints*
- Supports joint health*
- Contributes to mobility and flexibility*

OAKMONTE WELLNESS PROGRAM

February 2019

Get Heart Healthy In February

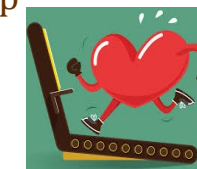
February is American Heart Month! Being heart healthy is important at every age. Having good heart health does require effort and may require some changes in your everyday habits, such as eating more heart healthy foods and increasing your physical activity level. To increase your heart health and prevent heart disease consider the following:

-  **Move more, sit less.** Dedicate 30 minutes a day, 3 to 5 times a week, to improve your cardio vascular health. Any activity is better than none.
-  **Eat more color.** Load up on fresh fruits and vegetables while limiting saturated fats, salt and fatty meats. Make sure to stay hydrated and drink the recommended eight-8 ounce glasses of water daily.
-  **Watch your numbers.** Monitor conditions that affect the heart, including high blood pressure, high cholesterol and diabetes. Make sure you know what numbers are normal for you and test often to make certain your vitals are within a healthy range.
-  **Reduce your alcohol intake.** Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias and high cholesterol levels.
-  **Minimize stress in your life.** Stress can cause the heart to over work and worsen pre-existing conditions. Find healthy outlets to relieve stress and lower your heart disease risk.
-  **Watch your weight.** Too many pounds can increase your risk for heart disease. To help prevent heart disease, maintain a healthy body weight for your height.

Join the February Cardio Challenge

When: Feb 4- Mar 1

- 1) Sign up at the front desk
- 2) see Dessary after signing up
- 2) Complete at least 3 heart healthy activities per a week
- 3) Have fun!



National Wear Red Day

February 1, 2019

Wear red to show support for the awareness of heart disease!

FEBRUARY 2019 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The greatest thing you'll ever learn, is just to love, and be loved in return.</p>					<p>1 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>2 </p>
<p>3 </p>	<p>4 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>5 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 11:30 Tai Chi w/ Liz 1:30 Easy Does It 2</p>	<p>6 9:00-2:00 Massage 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>7 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 1:30 Easy Does It 2</p>	<p>8 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>9 </p>
	<p>11 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>12 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 11:30 Tai Chi w/ Liz 1:00 Easy Does It 2</p>	<p>13 9:00-2:00 Massage 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:00 Easy Does It</p>	<p>14 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 1:00 Easy Does It 2</p>	<p>15 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>16 </p>
	<p>18 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>19 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 11:30 Tai Chi w/ Liz 1:30 Easy Does It 2</p>	<p>20 9:00-2:00 Massage 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:00 Easy Does It</p>	<p>21 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 1:30 Easy Does It 2</p>	<p>22 Dessary OFF 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch</p>	<p>23 Dessary MOD</p>
<p>24 Dessary MOD</p>	<p>25 Dessary OFF 9:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch</p>	<p>26 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 11:30 Tai Chi w/ Liz 1:30 Easy Does It 2</p>	<p>27 9:00-2:00 Massage 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>28 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Chair Aerobics 1:30 Easy Does It 2</p>		
		<p>Fitness Center Performing Arts Center Massage Therapy Room Walking Trail</p>	<p>Call Dessary At 407-732-5812 To Schedule your Fitness Assessment!</p>	<p>Massage Therapy Is Available every Wednesday from 9:00am until 2:00pm Contact Dessary to Schedule</p>		