

Healthy Living Program: September - November 2017**September 12: Cardio Exercise** --- (Health Sciences North-Conference Room G119A)Topics include:

- The importance/health benefits of cardio exercise
- Resting heart rate & target heart rate and how to calculate them
- Stretching demonstrations (Dynamic vs. Static)
- Engage in a brief cardio exercise activity (as time/weather permit)

September 19: Basic Nutrition to Prevent Diabetes --- (John Jones Conference Room B)**September 26: Strength Training** --- (Wellness Studio; Next to Fitness Center on the 1st Floor MBRCC)Topics include:

- The Importance/health benefits of strength training
- Stretching demonstrations (Dynamic vs. Static)
- Resistance band exercises (including demonstrations)
- Bodyweight exercises that can be done anywhere (including demonstrations)

October 3: Meal Planning Workshop --- (Health Sciences North-Conference Room G119A)Topics include:

- Meal planning for busy families
- Meal planning for one or two people
- Receive some great sample recipes!

October 10: Exercise Prescription --- (Health Sciences North-Conference Room G119A)Topics include:

- Develop an exercise plan with goal setting (both cardio & strength training)
- Motivators and barriers to exercise
- Tips and keys to success when it comes to exercise

October 17: Grocery Store Tour --- (Health Sciences North-Conference Room G119A)Topics include:

- Identifying foods to choose and avoid at the grocery store
- Learn about how to read food labels

October 24: Intro to Stress Management --- (Health Sciences North-Conference Room G119A)Topics include:

- Types of stress and how stress affects us
- Better understanding of the mind/body connection
- Tips for preventing stress and coping with unavoidable stress
- Breathing practice and deep relaxation

October 31: Introduction to Chair Yoga --- (Health Sciences North-Conference Room G119A)Topics include:

- The benefits of yoga
- Practice chair yoga movements/poses
- Learn the Body Scan

November 7: Introduction to Meditation --- (Health Sciences North-Conference Room G119A)Topics include:

- Learn more about what meditation is and its benefits
- Learn and practice meditation techniques including mindfulness meditation

All classes will be held on **Tuesdays from 4:30 – 5:30pm** in respected conference rooms.