

# FIT FOR MORE THAN A BIT!

Brought to you by Human Resources & Mid Coast Center for Community Health & Wellness

Begins June 18, 2018



## Summer of Health & Wellness

If you are ready to create sustainable healthy habits, and increase your physical activity and reduces stress; **"FIT FOR MORE THAN A BIT"** is for you! This 9 week program will include yoga (Monday's), strength, endurance, flexibility and cardiovascular fitness (Wednesday's & Friday's) designed to meet your individual needs and goals. Regular physical activity is one of the most effective disease prevention behaviors and it helps:

- Reduce feelings of depression
- Improve stamina and strength
- Reduce obesity (particularly when combined with diet modifications)
- Reduce risks of chronic diseases such as diabetes, heart disease and stroke

## Mid Coast Center for Community Health & Wellness

Their staff will be onsite for **optional and confidential** weekly blood pressure screenings. Their staff will meet one-on-one with participants to review results, educate participants about what they can do to improve fitness, and create short and long-term goals for sustained health improvement. Along the way "special guests" will appear to offer health, fitness and nutritional tips.

## All this for a little more than \$3 per week!

Starting a fitness program may be one of the best things you can do for your health. Whether you want to get off the couch, prepare for a race or reduce your blood pressure - this program will support and motivate you. Come join the fun, we offer you a non-intimidating, supportive and energizing environment!



Yoga session with Kate Nicholson

*"A terrific way to connect with members of the Bowdoin community that you may not have an opportunity to interact with...it kept me accountable and the comradery is priceless..."*

*- Bowdoin participant*

### When:

- June 18 to August 17

### Where:

- Whittier Field & Buck Fitness Center

### Time:

- Mondays, Wednesdays, Fridays
- 6:45am-7:30am

### Instructors:

- Kate Nicholson, Kevin Loney, Matt O'Donnell, and Jameson Skillings

### Cost:

- \$30 (cash, check, or Polar Plus)

### Questions

- Kristin Steinman x3688 or [ksteinma@bowdoin.edu](mailto:ksteinma@bowdoin.edu)