FIT FOR MORE THAN A BIT!

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

“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

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!

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