

# February Wellness Resource Update



Don't forget to have your  
Blood Pressure checked by Jeri  
during Wellness Visits in February  
& earn 5 points!

Watch for the monthly worksheet  
worth 5 points:  
Heart Health Crossword Puzzle-  
available  
at all February Wellness visits!



Complete the  
Google link for the  
"Make the Shift" Campaign by  
Feb 15<sup>th</sup>  
to earn 25 points!

# Winter/Spring Fitness Opportunities!

## Bootcamp with Nikki Hiebing

FREE

**Mondays, January 8<sup>th</sup> - May 21<sup>st</sup>**  
4:30 - 5:30 pm  
ELC Basement



## PiYo with Nikki Hiebing

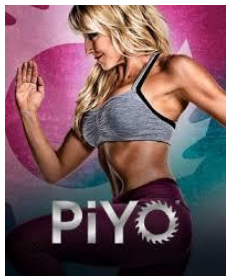
FREE

*No class Feb. 6  
or Mar. 27*

**Tuesdays, January 9<sup>th</sup> - May 29<sup>th</sup>**  
4:30 - 5:15 pm

South High - room 116

**\*\*Bring your own mat and water bottle\*\***



## Soul Sculpt with Cyndi Crimmins

\$25 punch card for 10 classes or \$3.00 drop in fee

**Wednesdays, January 10<sup>th</sup> thru May 30<sup>th</sup>**  
5:00 - 6:00 pm  
Lincoln-Erdman

*No class Feb. 14  
or Mar. 28*

**\*\*Soul Sculpt is a high intensity yoga class that incorporates hand weights and cardio bursts to burn calories and build lean muscle mass to strengthen your yoga practice.**

## Zumba with Penny Willems

**Session 1 - 6 weeks**

\$15 for 6 weeks or \$5 drop  
in fee

**Tuesdays, Jan. 9 - Feb. 20**  
(No class Feb. 13)  
5:00 - 6:00 pm  
Lincoln-Erdman

**Session 3 - 6 weeks**

\$15 for 6 weeks or \$5  
drop in fee

**Tuesdays, April 24-May 29**  
5:00 - 6:00 pm  
Lincoln-Erdman

**Session 2 - 6 weeks**

\$15 for 6 weeks or \$5 drop  
in fee

**Tuesdays, Feb. 27 - April 10**  
(No class Mar. 27)  
5:00 - 6:00 pm  
Lincoln-Erdman

# **NEW!** Health Coaching via Text Messaging!

Offered by *Interra Health Coach, Nikki Hiebing*

Need health coaching but don't have  
the time for an appointment?



**Get instant health coaching by texting 920-234-5626**

*Any text sent after 4:30pm on Monday-Thursday may not be received until the following day. Please wait 24 hours for a response to your message(s). Text message(s) sent on Fridays may not be responded to until the following Monday.*

## **Check this out - ACHIEVEMENT APP!**

ACHIEVEMENT is a website and app that links with your Fitbit and you get points for every 125 steps you take. You get additional points for logging your food and other things. When you get 10,000 points you can get \$10. It's totally free and it's free money!

Combine this app with the Step Challenge and you're making even more money!!

Visit <http://tinyurl.com/ya7lwjvf>