

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 15th
to earn 25 points!

Winter/Spring Fitness Opportunities!

Bootcamp with Nikki Hiebing

FREE

Mondays, January 8th - May 21st
4:30 - 5:30 pm
ELC Basement



PiYo with Nikki Hiebing

FREE

*No class Feb. 6
or Mar. 27*

Tuesdays, January 9th - May 29th
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 10th thru May 30th
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>