

Zumbro Valley Mental Health Center

Benefits of Exercise— Incorporating Exercise Into Your Life

OVERVIEW

What if someone told you that a healthier, thinner and longer life was within your grasp? Sound too good to be true? According to research, exercise is key for a better quality of life.

Starting a fitness program is one of the best steps you can take to improve your health. Regular physical activity can reduce your risk of chronic disease, control your weight and improve your mood and self-esteem.

To help people better understand and manage their overall health, Zumbro Valley Mental Health Center is sponsoring a series of classes focusing on wellness-related activities. The second class—*Incorporating Exercise into Your Life*—focuses on the health benefits of exercise, options for exercise and how to get your exercise program started. In this class, group fitness instructor and Pilates teacher Marcy Allen will help you understand how incorporating exercise into your lifestyle can improve your overall—mental and physical—health. Topics include:

- Weight loss
- Fact vs. fiction about exercise
- Workouts with minimal or no equipment
- Mental, social and quality of life benefits of exercise

Ms. Allen has been a fitness instructor for nearly 20 years, and holds a group fitness certification with the Aerobics and Fitness Association of America. She also has extensive training in Pilates and is certified in the Stott Pilates method.

Format

Wednesday, January 18

12:00 p.m. — 1:00 p.m.

Maple Room, Zumbro Valley Mental Health Center main campus

Charge based upon ability to pay

Contact Information

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester, MN 55904

Marcy Allen
507-289-2089

