



22 SAVES
— HOCKEY —

AGELESS MOVEMENT

-SEP 18 THROUGH DEC 18 -

Ageless Movement is a holistic approach to wellness that focuses on improving physical, mental, and emotional health through movement and mindfulness practices. It emphasizes the importance of staying active and engaged as we age, and promotes a positive attitude towards aging.

LIMBER UP - SLIM DOWN

If you've never considered stretching as part of your efforts to reach or maintain a balanced weight, you may want to. Flexibility exercises help your body move more comfortably, which can encourage an increase in movement overall. Increased daily movement also helps you balance your energy input and output, which is necessary for reaching and maintaining a healthy weight.



YOU ARE WHAT YOU EAT

Learn what to eat and when, to make you feel your best. While disease prevention is certainly an important reason to eat well, we often overlook the more immediate benefits of a healthy diet such as increased energy, better digestion, and improved sleep & mood.

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