

WEDNESDAY WELLNESS TIP:

11/16/16

HELLO! HERE ARE SOME HELPFUL HEALTH AND WELLNESS TIPS THAT ARE EASY TO START TODAY! CHECK OUT OUR WEBSITE FOR MORE GREAT INFORMATION! [LANSING GO!](#)



Fitness Tip

Find time for fitness this Thanksgiving!

- ❖ Many of us overindulge on Thanksgiving and end up feeling so full – find time to give your metabolism a jumpstart in the morning, or walk off some of the food after your meal! Bring along the whole family!

[Turkey Trot in Ithaca Thanksgiving Morning!](#)

[Post-Thanksgiving Work-Out Ideas](#)

[Thanksgiving Work-Out Strategies](#)

Upcoming Events!

[Check out what else is going on around Ithaca!](#)

[WalkingWorks is almost over...it's not too late to join!](#)

Compliments of Lansing GO, Employee Wellness Committee!