

WEDNESDAY WELLNESS TIP:

12/7/16

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!](#)



Try the 12 Days of Fitness!

Join us for a fun holiday fitness challenge! Starting Thursday 12/8, we will be sending out an exercise challenge for 12 consecutive days. Everyday, the challenge is to do the current day's exercise, as well as all previous ones. So, on the 1st day of fitness you will only have 1 exercise challenge...and on the 12th day you will have 12! All exercises will have modifications, for people to make them easier or harder. Try it with friends or family! Look for details tomorrow morning!

Upcoming Events!

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

Compliments of Lansing GO, Employee Wellness Committee!