

WEDNESDAY WELLNESS TIPS:

3/1/17

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

Kettlebells!

- ❖ Work in some kettle bell exercises into your fitness routine!
- ❖ Kettle bells provide a unique work out that allows for greater range of motion.
- ❖ If you are a beginner, there are some great simple routines you can try!

[Sample Kettle bell work out](#)

[Some benefits of Kettle bell Training!](#)

❖ *Upcoming Events!*

[Tough Turtle 2017!](#)

Compliments of Lansing GO, Employee Wellness Committee!