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!