

WEDNESDAY WELLNESS TIPS:

3/22/17

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

Join a team!

- ❖ Joining a recreational team is a ton of fun, and a great way to get exercise!
- ❖ Even going bowling, or playing catch with a kid or a friend will get you moving.
- ❖ Here are some links of sports and events in the community:

[T-Burg Bowling](#), [Cornell Bowling](#)

[Co-ed Hockey](#), [Women's Hockey](#)

[Adult Sports at the YMCA](#)

[Soccer](#), [Kickball](#), [Co-ed Softball](#), [Women's softball](#) – Ask Melissa Pope for details!

❖ *Upcoming Events!*

[Tough Turtle 2017!](#)

[Journey Fitness Challenge](#) (see attachment for details)

Compliments of Lansing GO, Employee Wellness Committee!