

Spring 2010 events: Healthy Habits and HRFC fitness!!!

Learning Lunches

Wednesday February 10, 2010

Dealing with Stress: Laughter Yoga; Held from 12:00 PM - 1:00 PM Group Fitness Studio

Monday March 1, 2010

10,000 Steps a Day Challenge!!!! Indoor track HRFC 11:30AM-1:00PM Registration Required

Wednesday March 24, 2010

Increasing good health; easy ways to maintain a state of well being; 12:00 PM - 1:00 PM Group Fitness Studio

Campaigns via email

Programs are offered in conjunction with Highmark and will be offered electronically to those registered.

Nutrition:

Drop 10 in 10! Material cost: \$10.00 (registration necessary)

Health:

Move it To Music! March 1, 2010 (in conjunction with 10,000 steps a day Challenge) (Free – registration necessary)

Manage Stress:

Stress Less Campaign: January 18, 2010 Registration required – cost \$10 includes CD and journal

Fitness Events:

Fitness Events are held in Herron Recreation and Fitness Center utilizing equipment Specific focus is on cardio fitness. Prizes are awarded. Participation is on your own during the duration of each event. Record miles at front desk of HRFC.

Bike Across PA

Sign up: January 25-31

Event: February 1-14

Spring Break Run

Sign up: February 15-21

Event: February 22-March 5

HRFC Triathlon

Sign up: March 15-21

Event: March 22-April 9

The Biggest Loser: Overall fitness and weight loss program. Free to members of HRFC.

February 1st - April 1st (registration required prior to start of event.)

Healthy U points will be awarded for participation in the above events: please contact Brenda Fetsko for details.