

# AMO Living Well

## Health & Wellness Activities

### October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Cross-Training (4:30 PM)  Bracco Building	<b>3</b> Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Chair Massage Therapy (6:00 PM) Bracco Building	<b>4</b> Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	<b>5</b> YOGA (4:30 PM)  Bracco Building	<b>6</b> Chair Massage Therapy (9:00 AM) (Members/Guest Only)  Bracco Building	<b>7</b>
<b>8</b>	<b>9</b> AMO Plans Closed <i>In Observance of Columbus Day</i>	<b>10</b> Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Chair Massage Therapy (6:00 PM) Bracco Building	<b>11</b> Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	<b>12</b> YOGA (4:30 PM)  Bracco Building	<b>13</b> Chair Massage Therapy (9:00 AM) (Members/Guest Only)  Bracco Building	<b>14</b>
<b>15</b>	<b>16</b> Cross-Training (4:30 PM)  Bracco Building	<b>17</b> Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Chair Massage Therapy (6:00 PM) Bracco Building	<b>18</b> Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	<b>19</b> YOGA (4:30 PM)  Bracco Building	<b>20</b> Chair Massage Therapy (9:00 AM) (Members/Guest Only)  Bracco Building	<b>21</b>
<b>22</b>	<b>23</b> Cross-Training (4:30 PM)  Bracco Building	<b>24</b> Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Chair Massage Therapy (6:00 PM) Bracco Building	<b>25</b> Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	<b>26</b> YOGA (4:30 PM)  Bracco Building	<b>27</b> Chair Massage Therapy (9:00 AM) (Members/Guest Only)  Bracco Building	<b>28</b>
<b>29</b>	<b>30</b> Cross-Training (4:30 PM)  Bracco Building	<b>31</b> Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Chair Massage Therapy (6:00 PM) Bracco Building	<b>1</b> Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	<b>2</b> YOGA (4:30 PM)  Bracco Building	<b>3</b> Chair Massage Therapy (9:00 AM) (Members/Guest Only)  Bracco Building	 <p>AMERICAN MARITIME OFFICERS' PLAN AMOP SAFETY • EDUCATION • VACATION</p>

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#### Fitness

• **CROSS-TRAINING: Mon & Wed 4:30-5:30 pm (Bracco)** Cross-training targets the major components of physical fitness: cardiorespiratory, stamina, muscular strength and endurance, flexibility, power, speed, agility, balance, coordination, and accuracy. It is a fitness program tailored to fit the needs of any individual, no matter what fitness level, from law enforcement officers to couch potatoes and everything in-between. **Jamileth Zurita** is an AMO Plans employee, working in the IT department. She is also a certified Crossfit Trainer. Jami understands the challenges of getting your body into shape and finding the time to exercise while juggling a family and work schedule. She believes in quality over quantity, and enforces a safe workout environment with emphasis on proper form in order to prevent injuries.

• **YOGA: Tue & Thu 4:30-6:00 pm (Bracco).** Many people think yoga is just stretching. While stretching is certainly involved, yoga is really about creating balance in the body and mind through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. Please join yoga instructor **Russell Mamorsky, LMT, RYT** as he helps you achieve unity of body and mind through a uniquely designed series of inspiring yogic postures. More info: [russell@yogapeutix.com](mailto:russell@yogapeutix.com)

• **Chair Massage: Tuesday 6-7:15 pm, Friday 9:00-10:15 am (Bracco).** Chair massage is a type of seated massage that is usually 10-20 minutes and focuses on your shoulder's, neck, back and arms. You are seated fully clothed in a special massage chair with your face resting in a cradle, looking down towards the floor with supports for your arms. It's a very comfortable position that allows you to completely relax your back, shoulders and neck, while the massage therapist relieves muscle tension and works out any kinks or stiffness you might have. Benefits of Chair Massage include: lower anxiety, increased circulation, boosted immune system, lower blood pressure, relief from muscle pains and headaches, decrease stress and cortisol levels, improved sleep, improved flexibility, lower anxiety, greater ease in the body, and an overall sense of well-being. **Russell Mamorsky, LMT, RYT** is a Licensed Massage Therapist (LMT) and he has been doing massage for 12 years *Please sign up for your 15 minutes sessions. Sign up list will be in the Bracco building.* More info: [russell@yogapeutix.com](mailto:russell@yogapeutix.com)

#### Classes

• **COOKING CLASS: Wednesday 1:30-2:30 pm (Student pool).** If you have never met **Chef Shannon Agor** and her amazing kitchen staff, then please join us poolside to learn a new cooking recipe, eat, and have a few laughs. By using fresh ingredients and an easy-to-follow recipe, even the most novice cooks can create a healthy and delicious appetizer, side dish, or dessert. Shannon is the Executive Chef/Culinary Operations of AMO Plans; as well as furthering studies in Nutrition Science in pursuit of her Registered Dietician's License. She truly loves her work and is passionate about healthy lifestyles and eating. Much of her free time is devoted to discovering eating choices that make bodies happy and healthy but can also satisfy people's sweet tooth. Her words of food wisdom are "Eat well in small portions and enjoy everything!"