

AMO Living Well

Health & Wellness Activities

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 AMO Plans Closed <i>In Observance of Memorial Day</i>	28 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	29 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	30 YOGA (4:30 PM) Bracco Building	31	1
2	3 Cross-Training (4:30 PM) Bracco Building	4 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	5 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	6 YOGA (4:30 PM) Bracco Building	7	8
9	10 Cross-Training (4:30 PM) Bracco Building	11 Nutrition Class 1:00pm (Wellness CTR)	12 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	13 YOGA (4:30 PM) Bracco Building	14	15
16	17 Cross-Training (4:30 PM) Bracco Building	18 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	19 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	20 YOGA (4:30 PM) Bracco Building	21	22
23	24 Cross-Training (4:30 PM) Bracco Building	25 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	26 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	27 YOGA (4:30 PM) Bracco Building	28	29 

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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. **Alison Escalante** is the AMO Plans Registered Dietitian who runs the Health & Wellness program. She is also a certified Personal Trainer & Fitness Instructor. Alison 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. *More info:* AEscalante@amoplans.com or call: 800-249-8200 Ext: 7305
- **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 **Karina Skye Pratt, (ERYT-SOO/KRI)** as she helps you achieve unity of body and mind through a uniquely designed series of inspiring yogic postures.

Classes

- **NUTRITION CLASS: Tuesday 1:00-2:00 pm (Wellness Center)** Nutrition class is designed to educate you on the best ways to improve overall wellness, increase energy, speed up weight-loss, create new habits, and give you the TOOLS for lasting success. **Alison Escalante**, AMO Plans Registered Dietitian, has a passion for helping others reach their goals. Bring your questions and come join the discussion! *More info:* AEscalante@amoplans.com or call: 800-249-8200 Ext: 7305
- **COOKING CLASS: Wednesday 1:30-2:30 pm (Bracco)** 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 Dietitian'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!"