



## Health & Wellness Program

The LifeWise StL Physical Wellness Program offers fitness classes, nutrition and health education classes, self-care opportunities and one-on-one coaching sessions. Participants receive the support needed to achieve their health and wellness goals.

The program features:

- Weekly fitness classes, such as circuit training, Zumba, yoga and cardio dance
- Occasional health and nutrition education or self-care opportunities to learn how to prepare healthy meals and prevent disease and how to live well physically, emotionally, mentally and socially
- Weekly sessions to learn how to prepare healthy meals and prevent disease
- Individual coaching sessions to discuss health and wellness goals
- Free childcare while the participant is in class (for classes at LifeWise)
- Fellowship in a welcoming environment

## Suggested Donations

- adult MyPlate flat plates
- stainless steel measuring cups & spoons
- grocery & gas gift cards
- stainless steel water bottles
- leak-proof lunch boxes with removable containers
- insulated lunch boxes
- lunch box storage containers
- lunch box ice packs
- high-quality pedometers
- weight scales
- toning rings
- exercise balls
- stretch bands
- quality jump ropes
- 1 or 2 pound handheld weights
- Zumba, yoga, relaxation or any type of current exercise CD/DVD
- boxing gloves
- boxing mitts
- stand punching bags
- oil diffusers
- therapeutic oils
- exercise clothing/gear (t-shirt, leggings, tennis shoes, sports bras)