


**TERM 1 2020**

**Monday 10.30am - 11.30am**

**February- April**

Monday 10 <sup>th</sup> Feb at 10.30am	Monday 17 <sup>th</sup> Feb at 10.30am	Monday 24 <sup>th</sup> Feb at 10.30am	Monday 2 <sup>nd</sup> March at 10.30am	Monday 9 <sup>th</sup> March at 10.30am	Monday 16 <sup>th</sup> March at 10.30am	Monday 23 <sup>rd</sup> March at 10.30am	Monday 30 <sup>th</sup> March 10.30am	Monday 6 <sup>th</sup> Apr at 10.30am
<p><b>Goal Setting</b></p> <p>Turn your goal into a proactive plan and make life long changes</p> <p><i>*Optional*</i></p> <p>Weigh in will be taken to track your progress throughout the term</p>	<p><b>Stretch session using exercise bands</b></p> <p>Light exercise and stretches that can be done at home to relieve tightness and aches</p> <p><b>Bring - Workout gear, Water, Towel</b></p>	<p><b>Heart Foundation</b></p> <p>Interactive workshop on heart health and heart healthy eating.</p> <p><i>Presenter: Nicky (Heart Foundation)</i></p>	<p><b>Food label reading</b></p> <p>Learn how to de-code food labels and find out which products are best to buy</p>	<p><b>Debunking food trends and myths</b></p> <p>No more conflicting info.</p> <p>We investigate common food trends/diets and best approach to health and wellness</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p><b>Mindfulness and stress reduction</b></p> <p>Interactive talk to learn what mindfulness is and how it can help to reduce stress</p>	<p><b>Home-based body weight exercises</b></p> <p>Develop a home based exercise routine using just your bodyweight</p> <p>All ages and fitness levels welcome.</p> <p><b>Bring - Workout gear, Water, Towel</b></p>	<p><b>Living Well with Diabetes</b></p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes</p> <p><i>Presenter: Auckland PHO</i></p>	<p><b>Health Quiz review &amp; Graduation</b></p> <p>Let's see how much we retained from all the great sessions this term with a health education quiz</p>  <p><b>**FREE Blood Pressure screening van here today</b></p>

**Join us on Thursdays at 9.30am for an Aqua Aerobics class (just \$3 with your GRx ID Card) at Onehunga War Memorial Pools.**

**Healthy Lifestyle Advisor: Adam Matthias. Contact (09) 623 8560. Email: adam@sportauckland.co.nz**