

# 2018 Fitness Challenge

NOW is a great time to engage in healthy, fun activities that support an active lifestyle. Salida Recreation has some exciting and motivating ideas for the 8th Annual Fitness Challenge. Our goal is to offer you education and guidance towards setting and achieving goals and feeling healthy!

**Our fitness challenge will run through January and February.**

**It's up to you!! Try to participate in at least one of the following activities. There are some incentives to do so, but the BEST and most REWARDING incentive is to IMPROVE YOUR HEALTH AND HAPPINESS!!!**

- ♦ **Michele Riggio** with Wellspring Nutritional Therapy will offer dinner and a lecture regarding healthy foods, habits and eating. She will provide two meal options: a vegan soup, and a meat based soup, both of which will be gluten and dairy free to meet all dietary needs.  
**Tuesday, January 9 from 6-7:30pm, First Presbyterian Church, 7 Poncha Blvd**
- ♦ **Simple Fitness Check List-** Download our check list from our website, post it on your fridge and tally the healthy things you've done for yourself throughout the month. Return the list to the Aquatic Center for a small prize. We want to reward you for your dedication and effort! **All month long during January & February**
- ♦ **Fitness Scavenger Hunt-** Each week Salida Recreation will post clues on our Facebook page. The clues will lead you to a prize (water bottle, pool pass, etc.) at the park, on the trail, at yoga or dance studio or anywhere else we see you exercising and getting fit. **All month long during January & February**
- ♦ **Park Equipment Clinic-** Salida Recreation's Event Coordinator, Matt Sweeney, will lead a 45 minute session demonstrating the new fitness equipment at Centennial Park. You will have plenty of time to try all the elements out for yourself, and get a work out in while you're at it.  
**Saturday, February, 24, 9am, Centennial Park**

**[www.salidarec.com/fitnesschallenge](http://www.salidarec.com/fitnesschallenge)**

*As part of our Fitness Challenge **Salida Recreation** is partnering with **Bev Orrill, Health Educator with Chaffee County Public Health and Colorado Heart Healthy Solutions (CHHS)***

CHHS is a FREE program that focuses on prevention and improvement of cardiovascular health. Cardiovascular Disease (CVD) is the #1 killer in Colorado and in the United States. However we know that 80% of CVD is preventable. Through CHHS, Bev's goal is to screen people for CVD and offer the help they need to reduce their risk of a heart attack or stroke. The screenings take about 30 minutes, is just a finger prick and includes lifestyle coaching. The best part is that this service is completely FREE. Bev will be at the Aquatic Center the following dates and times to speak to our water fitness classes about this FREE service, to provide more information and to make screening appointments. The general public is welcome to stop by and talk to Bev during these times as well: **Jan 6 from 8:45-10:30am; Jan 8 from 7:45am-10:30am and 3:45-5:30pm; Jan 9 from 11:45am-1:30pm; and Jan 12 from 6:45-8:30am.**

*JOIN US IN IMPROVING THE HEALTH OF OUR COMMUNITY.*

*LIVE.LIFE.HEALTHY*



## **FREE WATER FITNESS SAMPLER CLASS**

*SATURDAY, JANUARY 13, 9-10:45am*

Join Salida Recreation's Water Fitness instructors for a FREE water fitness sampler class. This is a great chance to learn a little more about what classes we offer here at the pool, to meet our instructors, and to try something new at the start of the year! For ages 16 and older.

Instructors: Terry Bolte, Nancy Powers, Mary Baranczyk & Cassie Hatcher

## **TAI CHI SAMPLER CLASS**

Join Salida Recreation and Jon Fritz of HRRMC for a Tai Chi Sampler Class. This class will incorporate gentle movements and increase strength, balance, and relaxation. This is a FREE drop-in class, Salida Steamplant, Friday, Feb 2, 9-9:45am.



POST YOUR WORKOUT PHOTOS TO OUR SOCIAL MEDIA SITES TO MOTIVATE YOUR FRIENDS, FAMILY AND COMMUNITY #EXERCISE #FITNESSCHALLENGE #SALIDAREC #AQUATICCENTER

