

May/June 2015 NIMKEE FITNESS E-NEWSLETTER

Hours of Operation: Monday-Friday 6am-7pm CLOSED Saturday & Sunday's

OPEN EVERY TUESDAY till 8PM Starting June 2nd

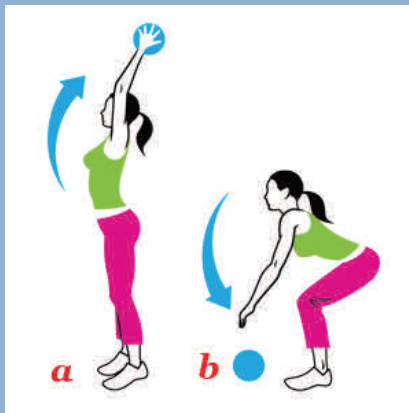
Phone Number: 989-775-4690 Web: www.sagchip.org/fitness/index.htm

Feature Article: 8 Ways to Add More Movement Throughout Your Day by ACE Fitness.

Regular physical activity plays an important role in maintaining a healthy body weight and promoting good health. The more we move, the more muscles we use and the more calories we burn. Conversely, sitting creates a series of negative health outcomes and, if we are sedentary for an extended period of time, it could affect our health. [CLICK HERE](#) for the article from ACE website.

Try this!: Med Ball Slam

Try this great exercise to work your entire body and get ALL frustrations out! Use the 20# orange no bounce ball. For more instructions ask Jayme or Jaden.



Events & Incentives

Human Race Wednesday, June 10



Contact Jaden for more information!!

775-4694 or jharman@sagchip.org

Days Closed:

OPEN every Mon-Fri 6am-7pm

Starting Tuesday, June 2: **OPEN
TILL 8PM EVERY TUESDAY**

Healthy Recipe: Broccoli & Feta Omelet

[CLICK HERE](#) for recipe

