

November/December 2014

# NIMKEE FITNESS E-NEWSLETTER

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

Phone Number: 989-775-4690

Web: [www.sagchip.org/fitness/index.htm](http://www.sagchip.org/fitness/index.htm)

## Feature Article: 20 Simple Stress Relief Tips.

With all the holiday's coming, it's important to be able to relieve stress in a healthy way. [CLICK HERE](#) to read SHAPE's article and put these great tips in practice, especially these next couple months.

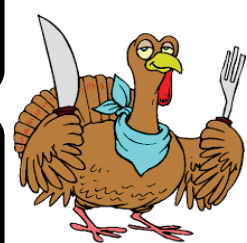
## Try this!: NEW EQUIPMENT in Fitness Center:

Deadlift Hex Bar.

[CLICK HERE](#) to see the proper way to use it.



## Events & Incentives



**Be Well** Starts Nov. 24th  
**Incentive Program**



[CLICK HERE](#) FOR MORE INFO

Days Closed: Tues. Nov. 11

Thurs. & Fri. Nov. 27 & 28

Wed. & Thurs. Dec. 24 & 25

Wed. Dec. 31 and Thurs. Jan. 1

## Healthy Recipe:

Broccoli, Cannellini Bean & Cheddar Soup. [CLICK HERE](#)

