



Ascension

Exercise in 2023!

Regular exercise is one of the most important things you and everyone in your family can do to maintain health. All it takes is 150 minutes of exercise a week to get benefits! Unable to exercise for 150 minutes? Work up to it or do as much as you can. Always check with your health care provider when starting a new exercise program.

The some of the benefits of exercise and maintaining fitness are:

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| Increased energy levels | Improves brain function |
| Improves your cardiovascular system | Better sleep |
| Improves muscle strength | Reduces the effects of aging |
| Reduces the risk of some cancers | Reduces degenerative bone diseases |
| Lowers risk of developing Type 2 diabetes. | Reduces stress and prevents depression |

Our exercise, nutrition classes, as well as our lectures, can help you learn from our health care experts how to get healthy and stay healthy in 2023! **All of our exercise classes are FREE, and VIRTUAL.** Call **248-849-5752** for class information or to register your email to receive our listing of all our current classes and lectures. If you prefer, you can register by **clicking directly on the (Day and Time)** for each event to access a direct link to register. Our virtual classes are suitable for all ages and fitness levels and E-Waivers are required. A sturdy armless chair is recommended*. One registration per participant. **Classes begin the week of January 9, and are ongoing, with no class January 16, 2023.**

Seated (Range of Motion)Exercise*

[Mondays & Wednesdays, 10-10:45 a.m. EST](#)

A seated, gentle range of motion exercise class. Focusing on joints of the body as they naturally Are designed to move.

Resistance Band Exercise *

[Tuesdays & Thursdays, 10-10:15 a.m. EST](#)

Join us for flat band resistance exercise, and learn ways to improve your strength. A flat band resistance band is recommended.

Chair Yoga *

[Tuesdays & Thursdays, 11-11:45 a.m. EST](#)

Chair yoga adapts yoga poses through creative use of a chair. Warm-up and safely move the body. Participants will be taught a gentle flow that will end in a short meditation.

Strength, Core & More *

[Mondays & Wednesdays, 11-11:45 a.m. EST](#)

Join us for strength training, core, balance and flexibility exercises. You can use your own body weight or wrist/ankle weights.

Walking Workout

[Tuesdays & Thursdays, 10:15-10:45 a.m. EST](#)

Join us as we walk/march and strengthen your heart. Easy moves like side steps knee lifts, and kicks will assist with a healthier you.

Monthly: Wednesday Walking Workout

[January 18, February 15, and March 15, noon to 12:30 p.m. EST](#)

Join us and the Ascension Providence Hospital Heart Institute Women's Heart Clinic as we walk up to 3,500 steps and strengthen your heart!