



860-658-3750  
www.McLeanCare.org

# McLean Wellness News

## Happenings:

Wow, I can't believe that the New Year is here. Let's all get this new year started by recommitting to our fitness goals. Begin small, do not overwhelm yourself by doing too much too soon, you will only set yourself up for failure. Start with setting a time goal of exercising for a total of 20-30 minutes at a moderate pace 2-3 times a week. Once you are comfortable then gradually add more time and slowly increase your effort levels. This soon will be part of your weekly routine and enjoyable instead of a chore. Our fitness center and pool are just the place for you to improve or maintain your fitness level, make new friends and most of all have fun. Laughter is the best medicine!!!

## Weather:

As poor weather approaches, please remember to bring clean shoes or sneakers for the gym. Sand and salt are not friendly to the equipment.

Stay tuned to **WFSB** for closing information. There will be a separate listing for the McLean Wellness Center and the SilverSneakers Program.

A message will be placed on our voice mail at: 658-3750

January 2012

## Points of interest

Happenings

Weather

Safety

Classes

SilverSneakers ®

Closings

A HAPPY  
NEW YEAR

### Safety Corner:

1. Wear good gripping winter boots if you have to go out.
2. Clear all doorways, stairs and walkways of snow and ice.
3. Use Snow melt or ashes for a less slippery pathway.
4. Keep shovels, brooms and scrapers near the door.
5. Know your limits; let others help with heavy snow removal.
6. Keep a kit in your car: Jumper cables, Blanket, Water, Power bars.
7. A cell phone in the pocket can be handy if you were to fall outside.

Water: 92 degrees and fabulous!  
Weather: Always warm and sunny at McLean's therapeutic pool!

### Upcoming closings:

None

## Spread the word!!!!

### Class Openings:

Arthritis Aquatic Class: 10:45 & 5:15 MWF

Cardio-Fit: 8:45 am MWF

Hydro-Fit: 6:15 pm, MWF

Water Toning: 9:15 am & 3:00, T & Th

Back: 3:00 MF & 6:15 T & TH