



# The Wellness Center

The meeting place for Fun, Health and Fitness!

Visit [www.nchsi.org](http://www.nchsi.org) for class schedule or

Call 334-5566

NORTH COUNTRY HEALTH SYSTEM



**PREREGISTRATION REQUIRED EVEN FOR FREE CLASSES!**  
**PAYMENT PLANS and PRORATING of FEES available upon request**  
For class cancellations due to inclement weather, listen to WIKE & WMOO

## Spring 2009

*If you would like to join the hospital's recycling efforts and receive future brochures via email, please send your request to [mperkins@nchsi.org](mailto:mperkins@nchsi.org). Thanks.*

### Health and Well-Being

#### Importance of Physical Activity

Being physically active can help you live a longer, healthier, happier life. Adding physical activity to your day can:

- \*help you reach and maintain a healthy weight by burning calories
- \*lower your risk for chronic disease, such as coronary heart disease, stroke, type 2 diabetes, osteoporosis, and colon cancer
- \*help control blood pressure
- \*lower your risk for a heart attack
- \*help you feel good about yourself
- \*reduce stress, anxiety, and depression
- \*improve your fitness level
- \*increase muscle strength
- \*reduce body fat
- \*help build and maintain bones and joints
- \*improve flexibility
- \*help prevent arthritis or relieve the pain from it
- \*reduce the risk of falling among older adults



30 minutes 3 times a week.  
For your health.



physical activity

30 MINUTES 3 TIMES A WEEK

NORTH COUNTRY HEALTH SYSTEM