

Healthy



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# Physical Activity Nutrition Wellness

[www.hwcwichita.org](http://www.hwcwichita.org)

## Physical Activity

### Pink Glove Boxing

Hey ladies, reveal your champion within and Knock out stress! Get in shape and increase self-confidence! Find all the energy and motivation you desire! Class size is limited. Exclusively at *Get Fit Bee Fit*, 117 S Park Ave, 755-0738.  
Mondays & Wednesdays-5:30 am & 5:30 pm  
Tuesdays & Thursdays-4:30 pm & 6:00 pm



### Spin for Tour de Cure

Begin to get in shape for Tour de Cure. All Tour de Cure registrants can participant in these free spinning classes. January 10 & 26- 6:45-7:45 pm, Studio B, at Genesis West Central Location. Other trainings Feb. 7, 23, March 6, 22, April 3, 19.

### Kids Zumba

Kids with diabetes can Zumba too. Join the class on January 21, 3:00-5:00 pm. A certified diabetes educator and a dietitian will present information to parents after the class. Held at Genesis Health Clubs, West Central Location. RSVP to RaeAnn Moreno at [ramoreno@diabetes.org](mailto:ramoreno@diabetes.org)

### Join Girls on the Run

A new session is starting for girls grades 3rd-8th. Discover the benefits of consistent physical exercise and good nutrition. Learn the advantage of positive peer support. Learn to stand up for herself in a healthy manner. Improve her body image and strengthen her sense of identity. Prepare to participate in a 5K run/walk event. Registration begins on January 1, 2012 at [www.active.com](http://www.active.com) or contact Christy Thomas at 316-461-4516 or visit our website at [www.girlsontheruns.org](http://www.girlsontheruns.org)



### Women Walk 55+

The Wichita State University Public Health Sciences Aging Studies program and Health Strategies are partnering to offer a **free** walking program. This program is part of a study conducted by WSU, designed to increase the physical activity level of older adults. All women age 55+ may participate in this free walking program that is designed to improve your overall fitness and cardio-respiratory function. Pre-program assessments start January 18th. The 16-week program will be held Mon. Wed. & Thurs. from 10:00 a.m.-11:00 a.m. starting February 7th. The program will be held at Health Strategies, 551 N. Hillside, across from Wesley Medical Center. Membership is not required for participation. For more information and to enroll, call Jennifer at 978-5638.

### GROUP FITNESS

Because working out is always better in groups- Genesis Health Clubs offers many group fitness classes, including Zumba! Stop by any location for a free pass to check it out!

#### Group Ride – indoor cycling

West 13<sup>th</sup> – 1/7/12 @ 8AM  
West Central – 1/7/12 @ 8:15AM  
Rock Road – 1/7/12 @ 8:30AM

#### Group Centergy – a mind/body experience

East Central – 1/7/12 @ 11:15AM  
Rock Road – 1/7/12 @ 9:00AM

#### Group Kick – cardio kickboxing at it's finest!

West 13<sup>th</sup> – 1/17/12 @ 5:30PM  
West Central – 1/14/12 @ 9:15AM  
East Central – 1/17/12 @ 6:45PM  
Rock Road – 1/14/12 @ 9:30AM

#### Group Power – a barbell weight training class

West 13<sup>th</sup> – 1/21/11 @ 9:00AM  
West Central – 1/21/11 @ 10:15AM  
East Central – 1/21/11 @ 9:00AM  
Rock Road – 1/21/11 @ 7:15AM



### Greater Wichita YMCA

The Y puts Christian principles into practice through programs that promote healthy lifestyles, strong families, and positive youth development to build healthy spirit, mind and body for all, regardless of ability to pay. January is the perfect time to get starting on increasing your physical activity. Go to [www.ymcawichita.org](http://www.ymcawichita.org) to learn more about becoming a member or joining a class.



### DIABETES PREVENTION at the YMCA

Are you pre-diabetic? Prediabetes is a potentially reversible condition that often leads to type 2 diabetes. Preventing diabetes can save health care costs and save lives. With help from the Y, you can reduce your risk for type 2 diabetes and gain tools for healthy living. Learn how the YMCA's Diabetes Prevention Program can help you reach your healthy living goals. For information about program fees, financial assistance or to see if you qualify, contact Sarah Key at [sarah.key@ymcawichita.org](mailto:sarah.key@ymcawichita.org) or call 316.219.9622 ext. 5596

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. UnitedHealthcare members should check with their employer for program availability. Also funded in part by the Kansas Health Foundation, Wichita, Kansas.



# Physical Activity Nutrition Wellness

## Healthy Eating

### Healthy Eating Help

Could you use someone to help you learn how to eat healthy? Then Healthy Green Nutrition may be just what you need. Contact Diane, Heidi or Kathy at (316) 253-2604 for a personal consultation. Healthy Green Nutrition, 2020 N. Tyler Rd, Suite 112, (316) 253-2604, email: [healthygreen@yahoo.com](mailto:healthygreen@yahoo.com)  
 Diane Greenleaf, MS, RD, CDE, LD  
 Heidi Wells, RD, CSSD, LD  
 Kathy Linhart, MS, RD, LD



### Back to Basics

Join Healthy Ever After's 8-Week Healthy Cooking Series, *Back to Basics*. Visit [www.liveHEA.com](http://www.liveHEA.com) to learn more and to register.

### Why Weight?

Learn proper eating, exercising, and mental habits that will contribute to successful and long-term weight loss. Also how to navigate the grocery store when eating healthy. Join us for this free event on January 17, from 6:30-7:00 pm. Brackeen Chiropractic, 320 N Rock Suite 300, Derby. Please RSVP to Dr. Mindy Ewert at 316-789-8100. For more info go to <http://brackeenchiropractic.com>

### The Delicious Dietitian

*Eating can be healthy AND delicious.* Heidi Wells, RD, CSSD, LD and the Kansas Delicious Dietitian wants to visit with your about gourmet spice blends.



Phone: 1-800-876-3230 ext 112 or  
 Email: [heidi@thedeliciousdietitian.com](mailto:heidi@thedeliciousdietitian.com)

### Weight management

Join the experts at Genesis Health Clubs as they help you achieve your New Year goals! Nutrition and weight management classes will be starting in late January. Contact Carla Campbell at 316-634-3145 for more information. Non-members welcome to participate in nutrition classes!

## Physical Activity

Classes for the Wichita Park & Recreation Department start January 9 and Spring classes start March 19. To get all events download the guide at



[Wichita.gov](http://Wichita.gov) and click on park & recreation or pick up a copy at any recreation center and area Dillon's locations.

### ALEY/STANLEY

(1749 S. Martinson 303-8002)  
 Zumba Fitness Evening

### BOSTON

(6655 E. Zimmerly 688-9301)  
 Aerobics – Cardio Mix Evening  
 Yoga Morning/Evening  
 Zumba Fitness Evening  
**Active Adult (55+)**  
 Stretch and Tone Morning

### COLVIN (2820 S. Roosevelt 303-8023)

Zumba Fitness Evening  
 30-minute Circuit Evening

### EDGEMOOR (5815 E. 9th 688-9392)

Prenatal Yoga (NEW) Morning  
 Tai Chi Morning  
 Zumba Fitness Morning/Evening  
 Zumba Toning (NEW) Morning  
**Active Adults (55+)**  
 Forever Fit Morning  
 Zumba Gold Morning  
**Youth**  
 Zumbatomic (ages 8-12) Evening

### EVERGREEN

(2700 N. Woodland 303-8036)  
 Muscle Mania (NEW) Evening  
 Step and Sculpt (NEW) Evening  
 Zumba Fitness Morning/Evening  
 Yoga Morning/Evening  
**Youth**  
 Zumbatomic (ages 8-12) Evening

### LINWOOD (1901 S. Kansas 337-9191)

Aerobics – Cardio Mix Evening  
 Tai Chi Evening  
 Yoga Evening  
 Zumba Toning (NEW) Evening

### MCADAMS (1329 E. 16th 337-9222)

Arthritis Fitness Class Morning  
 Dancercise Morning

### LYNETTE WOODARD

(2750 E. 18th St. 303-8015)  
 Aerobics – Cardio Mix (NEW) Evening  
 Boot Camp (NEW) Morning/Evening  
 Circuit Training (NEW) Evening/ Afternoon  
 Fitness 101 (NEW) Evening  
 Tai Chi (NEW) Afternoon/Evening  
 Yoga – Hatha (NEW) Evening  
 Zumba Fitness Evening

### ORCHARD (4808 W. 9th 337-9244)

Balance Ball 101 Evening  
 Kripalu Yoga Afternoon/Evening  
 Step Aerobics Evening  
 Weight Loss 101 & 102 (NEW) Morning  
 Zumba Fitness Evening/Weekend  
**Active Adults (55+)**  
 Forever Fit (NEW) Morning  
 Tai Chi –Beginning & Intermediate Morning  
**Youth**  
 Little Lotus Yoga (ages 3-7) Evening  
 Lotus Blossom Yoga (ages 5-8) Evening

### WATSON PARK

(3022 S. McLean Blvd. 337-9257)  
**Active Adults (55+)**  
 Stretch and Tone Morning  
 Yoga Morning

### Diabetes Parent Support

Meets first Thursday of each month at 6:45pm beginning January 5th. Contact Diane Tinker at 316-644-5685 or [dhurst@jdrf.org](mailto:dhurst@jdrf.org) to register.

