

**Lace up
for
National Walking Day
on April 2nd!**



FACTS TO MOVE YOU

More than a decade ago, the American Heart Association started National Walking Day, which falls on the first Wednesday in April. This year, National Walking Day is April 2nd.

Walk any time on this day and take steps to improve health and fight stress..

Exercise is the No. 1 way to fight and reduce stress. Moderate exercise will help you manage your stress and will benefit your heart, mind, and body.

Join many people across the country on April 2nd by lacing up your shoes and getting in at least a 15 minute walk!

Here at Regency, we will meet on the front patio at 1:00 p.m. for a walk around the pond. Let's walk together!

1. Walking is the most popular form of exercise. For most, it's safe, low or no cost, and easy to stick with!
2. Research has shown that walking can have a significant impact on your heart by lowering your chances of heart disease.
3. Walking at a lively pace at least 150 minutes a week can help you think better, feel better, and sleep better.
4. A recent study found that swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%

Let's Move!!

Fitness Class Descriptions

STRETCH - Loosen muscles with easy movements. Head to toe stretches to work out your aches and pains while increasing flexibility and mobility!
Class duration: 30 minutes. Instructor: Susie

Cardio Drumming, Level 1 or 2 - Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior "drumming" experience required.
Level 1 is a seated, slower paced class.
Level 2 is a seated or standing, fast paced, challenging class.
Class duration: 30 minutes. Instructor: Susie


Seated Exercise - Energize with a full body workout to increase blood flow and cardio output!
Class duration: 30 minutes. Instructor: Susie

Seated Dance - Elevate your heart rate and work up a little sweat to lively music. If you enjoy music and dancing this class is for you!
Class duration: 30 minutes. Instructor: Susie

Strength- Similar to the StrongBodies program, this class is a structured, safe, and effective strength-training program targeting the entire body developed by our fitness staff for adults of any age, containing exercises that are easy to augment to suit all abilities.
Class duration: 30 minutes. Instructor: Susie.

Fall Prevention - Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention.
Class Duration: 30 minutes. Instructor: Susie.

All classes are held in the Lodge Fitness Center on the 2nd floor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>W181 S8540 Lodge Blvd Muskego, WI 53150 262-971-2125</p> <p>a capri community</p>		10:30 Fall 1 Prevention [FC] 1:00 Seated Exercise [FC]	10:30 Strength 2 [FC] 1:00 National Walking Day: Walk Around the Pond [FP]	10:30 Cardio Drum 3 [FC]	10:30 Strength 4 [FC]		
	6	10:30 7 STRETCH [FC] 11:15 Cardio Drum 2 [FC]	10:30 Fall 8 Prevention [FC] 1:00 Seated Exercise [FC]	10:30 Strength 9 [FC] 1:00 Seated Dance [FC]	10:30 Cardio Drum 10 [FC]	10:30 Strength 11 [FC]	
	13	10:30 14 STRETCH [FC] 11:15 Cardio Drum 2 [FC]	10:30 Fall 15 Prevention [FC] 1:00 Seated Exercise [FC]	10:30 Strength 16 [FC] 1:00 Seated Dance [FC]	10:30 Cardio Drum 17 [FC]	10:30 Strength 18 [FC]	
	20	10:30 21 STRETCH [FC] 11:15 Cardio Drum 2 [FC]	10:30 Fall 22 Prevention [FC] 1:00 Seated Exercise [FC]	10:30 Strength 23 [FC]	10:30 Cardio Drum 24 [FC]	10:30 Strength 25 [FC]	
	27	10:30 28 STRETCH [FC] 11:15 Cardio Drum 2 [FC]	10:30 Fall 29 Prevention [FC] 1:00 Seated Exercise [FC]	10:30 Strength 30 [FC] 1:00 Seated Dance [FC]	<p>Program Key Bold-enjoy life Special Feature Programs <u>Underline</u>-Program Requires Sign-Up</p> <p>Location Keys Fitness Center FC Front Patio FP</p>		