

# Virtual 9 to Life

**9 weeks to change your lifestyle to improve your health and quality of life!**

Home program designed to improve movement, strength, energy, mood and decrease BP, A1C's, cholesterol, and stress. This program helps in obtaining a healthy lifestyle.

A program created to meet everyone where they are at home. Get you moving! Made possible for those that live far away or are not able to get to the gym or are not ready to come into the gym yet. This is home workout using body weight, bands (provided) and dumb bells if available.

Here is what to expect:

**Starts September 14<sup>th</sup> at noon or 6 pm**

- **Zoom Personal training sessions 2x a week for 9 weeks** (time options are offered in signups)
- **Participants will receive a binder of material and resistance bands for their home workouts. This is included in the cost.**
- **Exercises taught in sessions will be using body weight and bands (possibly Dumb bells if participants have them).**
- **Along with the exercises being taught in the sessions, Trainer and Participants will discuss together nutritional habits and self-care habits to focus on and practice for that week.**
- **Cost is \$45 total.**
- **Questions please email [sheri.albertson@nhrmc.org](mailto:sheri.albertson@nhrmc.org)**

Program goal is meeting everyone where they are and getting everyone moving again, taking care of the their physical, nutritional, and mental health!

Link to sign up:

<https://www.signupgenius.com/go/70A054DA5AD22A5F58-virtual1>

