

Monday 10-11am

July – October 2020

Mon 20 th July	Mon 27 th July	Mon 3 rd August	Mon 10 th August	Mon 17 th August	Mon 24 th August	Mon 31 st August
<p>Planning for Success</p> <p>Today we plan for success by setting some SMART goals. Also, relax with chair yoga</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Healthy Eating Made Simple</p> <p>Interactive session about food groups, portion sizes and meal planning</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p>Home Based Exercises</p> <p>Learn easy low-impact home-based workouts with no equipment</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Arthritis</p> <p>Learn about arthritis including ways to manage it and improve symptoms of gout, rheumatoid and osteoarthritis</p> <p><i>Presenter: Paula (Arthritis NZ)</i></p> <p>FREE Blood Pressure Reading Van here today</p>	<p>Living Well with Diabetes</p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes</p> <p><i>Presenter: Priyanka (Sport Auckland)</i></p>	<p>Pump up your metabolism</p> <p>Learn practical tips to conquer your cravings and how to jumpstart your metabolism with food</p>	<p>“Walk the Park”</p> <p>Enjoy a walking session at Rocket Park. Whanau welcome (meet outside the YMCA, Mt Albert)</p>
Mon 7 th September	Mon 14 th September	Mon 21 st September	Mon 28 th September	Mon 5 th October	Mon 12 th October	Mon 19 th October
<p>Mindful Eating</p> <p>Listen to what our bodies are telling us, learn why we eat & develop strategies to overcome challenging situations around food</p>	<p>Winter Wellness</p> <p>Learn ways to support your immunity and how to keep infections at bay</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p>Basics of Exercising</p> <p>An open discussion session about the different types of exercises & their benefits so you can devise your own routine</p> <p><i>Presenter: Gareth (Sport Auckland)</i></p>	<p>Eating Trends</p> <p>We look into popular diets, bust nutrition myths and learn about supplements and whether we really need them</p>	<p>Dance Therapy</p> <p>Enjoy the benefit that movement, mindfulness & talking brings to support positive wellbeing</p> <p><i>Presenter: Dance & Arts Therapy</i></p>	<p>Healthy eating for pain & Inflammation</p> <p>Learn which foods can increase aches and pains and which foods assist in reducing inflammation. Make simple changes with these healthy eating tips</p>	<p>“Walk the Park”</p> <p>Enjoy a walking session at Rocket Park. Whanau welcome (meet outside the YMCA, Mt Albert)</p>

Let's Get Active! Join our Green Prescription Walking Group: Every Tues & Thurs, 9-9.30am (meet outside the Mt Albert YMCA)

Also at the YMCA: Rehab Ballet: Wed (12pm-1 pm) - \$5/ session & Women's only Exercise class – Mon (6.00-7.00pm) \$5/ session

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