

# LIFE IN MOTION

## Healthy Living in Old Saybrook



- 1) Pre-Registration and a Meet and Greet 8:30-9:00
- 2) Introductions 9:00-9:10am
- 3) Dynamic Group Warm up by **Select Physical Therapy** 9:10-9:25am
- 4) Active Stations 9:30-10:30am & 10:40-11:40am
  - A. **Mid-Coast Crossfit** We will have an interactive demonstration of what CrossFit really is. Coaches providing a CrossFit WOD that everyone from 5 to 95 can perform. We will show you how to work out safely by tailoring to your level of fitness.
  - B. **SoundRunners** will be hosting a group trail run at 9:30am and then at 10:40am a hike around the trails.
  - C. **Get Real with Marie** using Battling Ropes, body balance, ball launch and your own body, Marie will put you through a short circuit work out of cardio and strength training.
  - D. **Yoga w/ Terri Cain from OSPR.**  
Reduce Stress. Gain Energy. Cultivate Wellness. Join this "come as you are" class for all levels of fitness and enjoy the proven benefits of yoga in a fun, supportive community. Gentle stretches and openings will be balanced with invigorating poses. Modifications will encourage everyone to move to their personal edge.
- 5) Presentations & Q&A 10:00am & 11:00am
  - A. POP's Top 10 Summer Health Tips By **POP Weightloss of CT**
  - B. Preventing and Managing Lower Leg Muscle/Tendon Overuse Injuries by **Select Physical Therapy**
- 6) Static Stretching Post Work Out by **Select Physical Therapy** 11:40am-11:55am
- 7) Announce Raffle Winners