

Movement for Life

Our Lifestyles Coordinator will help you set your fitness goals and then work with you to help you achieve those goals at your own pace.

You will be encouraged to work at a slow, comfortable pace while building your strength, stamina, and flexibility.

We offer classes at different times of day and several times per week.

Please join us and exercise your way to health.



Our Star Patients

HEALTHY LIFESTYLES PROGRAM
HOLYOKE HEALTH CENTER

Diabetes Exercise Classes

Movement for Life

The Holyoke Health Center provides compassionate, quality health care and valuable health education for patients regardless of age, citizenship, or ability to pay.



Holyoke Health Center, Inc.

HEALTHY LIFESTYLES PROGRAM
HOLYOKE HEALTH CENTER

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Sponsored by The Robert Wood
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About the Classes

Not just any exercise class, this one is special. We have specially trained Lifestyles staff to work with you. Come move your way to good health. Our classes feature:

- + Low Impact Exercise such as walking, aerobics, and dancing
- + Latino music
- + Personalized fitness goals
- + Fun and friendly atmosphere



**Exercise is
Heart Smart.**

"Attending the Exercise Class helps to alleviate my body's aches and pains. And at the same time, I get out of the apartment to socialize!" —Beatris

Classes are on-going. Talk to your provider about joining today!

"The Exercise Class is the most important thing in my life! I have been given a second chance." —

Norma

Some Fit Facts about Exercise

With just 30 minutes of exercise every day, you can:

- ▶ Help normalize your glucose levels
- ▶ Reduce blood cholesterol
- ▶ Lower blood pressure
- ▶ Boost bone strength
- ▶ Burn calories and keep weight down

Here's what you need to join:

- + You must be a patient of Holyoke Health Center
- + You must get a referral from your provider

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