

Enjoy

LIFE



**LIFE-LONG INVESTMENT
in FITNESS & EXERCISE**

Active Challenge 2011

Programs are free, but registration
is requested by calling
Geri at 860-889-8331, ext. 2495

For more information call
Alice at 860-889-8331, ext. 7405,
or Lisa at ext. 7404

*Enjoy LIFE is a collaboration
between the Plainfield Recreation Center
and The William W. Backus Hospital.*

Backus
backushospital.org/enjoylife

Thursday, Jan. 20

6:30- 8 p.m. Plainfield Recreation Center
**Kick-off for the "New Year, New You"
Personal Challenge**

Round 2 registration with an exercise variety showcase of Plainfield area businesses and organizations and a food sample demonstration by Backus registered dietitians.

Thursday, Feb. 10

6:30 – 8 p.m. Plainfield Recreation Center
"Exercising Right"

Every body is unique, so exercise regimens should be too. By using the proper body mechanics and techniques, find out how to get the most from your workouts while avoiding injury.

■ *Backus Physical Therapy Department*

Thursday, March 10

6:30 p.m.
"A Walk Through The Supermarket"

With a vast array of choices and product claims, navigating the aisles at the grocery store can be overwhelming. Find out how to fill your cart with healthy choices.

■ *Sarah Hospod, Backus Registered Dietitian*

Thursday, April 14

6:30- 8 p.m. Plainfield Recreation Center
"Step Into Spring: Happy Healthy Feet"

You walk on them, stand on them, squeeze them into shoes, and put them through the ringer when you work out. Learn how to take care of your feet, because let's face it — without them, you're not going anywhere.

■ *Backus-affiliated Podiatry Specialist*

Saturday, May 14

"Community Kickball Game"

It's not just for the elementary school playground anymore. Come join in the fun!

■ *Backus Physical Therapy Department*

Thursday, June 9

6:30- 8 p.m. Plainfield Recreation Center
**"Maintaining the New You
Through the Summer"**

Come celebrate your accomplishments at the final personal challenge weigh-in.

■ *Backus Physical Therapy Department*