

Wellness Newsletter



November 2024

New Wellness Team Member!



We are thrilled to welcome **Mattie Brummer** as a part-time team member to our Wellness team! Mattie is a recent graduate from Messiah University with a degree in biopsychology, and she is currently pursuing her graduate degree in counseling.

Throughout her academic career, Mattie balanced her studies with her role as a member of the university's swim team. She competes in the 100-yard and 200-yard freestyle among others.

Mattie should be a familiar face as she has previously supported the Wellness team on an as-needed basis to cover

schedule openings. Her energy and love for fitness, combined with her dedication to helping others, make her a fantastic addition to our team.

Mattie believes that exercise should be enjoyable, and she strives to create an environment where everyone feels encouraged to have fun while staying active. She is excited to bring her passion for health and wellness into a teaching role.

Please join us in welcoming Mattie, and be sure to check out her new class offerings!

New Schedule

We are excited to share an updated class schedule that will begin on **November 4**. It will feature **two new classes** and some **adjusted class times** that offer something for everyone. Be sure to review the new schedule to find what fits your routine!

Don't forget, some class session times have been adjusted. Take a look at the full updated schedule at messiahlifeways.org/wellness.

Continue reading for details on our exciting new classes.

We look forward to seeing you in these new classes and supporting you in your wellness journey!

Karate for Wellness

Our first new class addition, Karate for Wellness, will be led by Matt. This class will be offered **Tuesdays and Thursdays at 2:15 pm in the VSQ Fitness Studio**.

Karate is known to enhance balance, strength, coordination, and mental focus. This class will focus on basic techniques, forms, and partner or solo drills. These are a great option for those looking to stay fit and learn the basics of karate.

Flex 'n Flow

Our second new class is Flex 'n Flow. Mattie will offer this class **Mondays at 9:00 am in the VSQ Fitness Studio** and **Wednesdays at 11:00 am in the Village Commons Community Room**.

Mattie will help members focus on increasing flexibility and range of motion for more independent and healthy living. Flex 'n Flow combines stretching exercises with principles from yoga, as well as deep breathing techniques.

Sharing the Pool Respectfully

At Messiah Lifeways, our Open Swim/Water Walking sessions are meant to provide a welcoming environment for everyone, whether for exercise, socializing, or relaxation. We recognize people have different preferences, but it's important to remember the pool is a shared space for everyone to enjoy.

As part of our **One Team** culture, we ask that all members be mindful of each other's goals and activities. Everyone has the right to use the pool and have a positive experience.

For those who wish to socialize with less emphasis on exercise, we ask that you gather near the perimeter of the pool or in areas away from the center. For those engaging in focused water walking, please stay toward the center. This allows everyone to use the pool according to their goals without disruption.

By working together, respecting each other's needs, and being aware of the space we are using, we can create a comfortable and enjoyable environment for everyone.

Your cooperation is greatly appreciated as we continue to foster an inclusive and supportive community.

New Aquatic Offerings!

We are pleased to announce the addition of **swim lessons** and

Aquatic Personal Training to our Wellness program. Swim lessons will cater to a range of abilities, from beginners who want to learn the basics, to more experienced swimmers looking to improve their techniques.

For those who would like a more personalized approach to their fitness goals, Aquatic Personal Training offers one-on-one sessions focused on building strength, improving endurance, and enhancing mobility in the water. This is an excellent option for anyone seeking a low-impact way to stay active.

If you are interested in either of these offerings or would like more information, please visit or call the Wellness Office.

Holiday Closures

The Wellness Center will be closed on Thursday, November 28, for the Thanksgiving holiday.

Additionally, the Wellness Center will be closed Wednesday, December 25, and January 1 for the Christmas and New Year's holidays.

Upcoming Parking Restrictions

Please note that Wellness member parking will be limited on November 4, 11, 13, and 18 due to several large Pathways Institute classes. However, the Wellness parking lot, located to the side of Village Square, will be clearly marked and open for parking.

On December 11, parking will not be available beginning at 2:30 pm for our annual Christmas Drive-Through Event.

We appreciate your understanding and cooperation!

November is National Men's Health Awareness Month

November is dedicated to raising awareness about men's health issues, including prostate and testicular cancers, heart disease, and mental health. We encourage all men in our community to prioritize their health and well-being.

Taking proactive steps, such as regular health screenings and check-ups, can lead to early detection and better outcomes. It's also important to engage in regular physical activity, eat a balanced diet, and manage stress. Let's take this opportunity to support and empower the men in our lives to live healthier.

Open Office Hours

Our office hours are held during the following times:

- Monday through Friday | 10:00 - 11:00 am
- Wednesday | 2:30 - 3:30 pm

We ask that members save inquiries/support needs for these dates and times. All other needs should be addressed via email to wellness@messiahlifeways.org.

– *Richie Gary, Wellness Manager*
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