

Get Up & Move

WEBINAR SERIES



Join us in May to celebrate National Physical Fitness Month. In this series, you will learn tips to make fitness part of your lifestyle and discover new ways to add more movement in your daily routine!



SESSIONS INCLUDE:

Making Fitness Part of Your Lifestyle (05/01)

Reflect on your personal barriers and create a physical activity action plan to add more fitness into your daily life.

Take Ten to Thrive (05/08)

Learn fun, simple, and effective bursts of exercise to warm up your muscles and improve your cardio, strength, and balance.

Zumba (05/15)

Increase your heart rate; improve your endurance; and strengthen your core, legs, and glutes with various moves in this upbeat dance fitness class.

Deskercise (05/22)

Eliminate fatigue and stress, and enhance physical activity using stretches, muscle strengthening, and aerobic exercise.



**CLICK HERE TO
REGISTER**



Sessions are from 12-1pm ET. Participation in all 4 classes is encouraged but not required. You do not need to be a Kaiser Permanente member to participate.