

Fitness Shorts

July 2009

A publication of INTEGRIS PACER Health Services



Some of you may have heard of our new kids exercise program, "Funky Fitness for Kids" (F3K1). It is a two hour exercise class that is held on Tuesday and Thursday evenings from 5:30-7:30. The program is designed for children 9-12 years old and costs \$5 per child. Kids may arrive at any time between 5:30 and 6:45. "Kimba," who teaches our Zumba classes and a variety of other classes, teaches this class, and the kids are having SO much fun. Kim is great with the kids. She takes them outside to exercise and does quite a variety of things with them. As with any program and definitely since this is our first kids program, we expect to have to adjust a few things here and there. We may adjust the age, but right now, we're going to stick with ages 9-12. Check it out! All the information is at the front desk.

Also, we must ask that *no one park in the Fun and Fit lot at any time*. They are in the middle of their summer program and have children in many locations with parents needing to get in and out at various times of the day. Thank you for cooperating.

Please refrain from putting trash and other personal items into the towel bins. The towel bins are the large, rubbermaid bins located throughout the facility. Also, the digital scales we have on the exercise floor and in the evaluation rooms at PACER are the property of our INTEGRIS Employee Wellness department. They are not using the scales at this time but may need them at any given time for screenings or new locations. They have asked that we not put them in the locker rooms.

Be extra careful if you exercise outdoors. We are approaching that time of year that requires us to hydrate very well. It's very easy to become dehydrated if you don't stay on top of it.

Have a great summer!

Beginning Monday, June 29, PACER will no longer supply toothpaste in the locker rooms.





July '09 Events

Please call the HealthLine to
register - 405-951-2800

Friday Night Fitness Line Dancing

July 10th, 6:30-8:30pm

Come spend a Friday night in a
smoke free environment and learn to line
dance to rock, pop, jazz, Latin, and soul music!

Cover Charge: \$10.00 per person or \$15 for two people.

Happy Feet, Better Balance

Saturday, July 11th at 10:30am

**Join fitness expert Darlene Paine and learn several
different foot exercises to help strengthen your feet and
improve your balance. Don't let the fear of falling keep you
from enjoying your life!**

Cost: \$10.00, includes a 2 day pass to PACER.

CPR

Saturday, July 18th from 10-2pm

PACER is joining up with HeartSmart to offer the latest in CPR training. Class
includes: One-man CPR, Child/Infant CPR, Choking for Adult, Child/Infant, and
Child/Infant AED.

Cost: \$45.00

KISS - Keys in Simple Success

July 25th at 10:30am

**Join Karen Massey for the 3rd installment of the keys in simple success. Find out easy tips for getting started with a
healthy eating plan. Learn to choose quick, and healthy breakfast, lunch and dinner options for the whole family without
breaking the budget. Cost: \$20.00 May join series at any time.**