



2021 Healthy Livonia's 100 Days to Health

DESCRIPTIONS FOR ALL ACTIVITIES LISTED ON THE 100 DAYS TO HEALTH CALENDAR

Anti-Cancer Lifestyle Nutrition Seminar- While we cannot ever be guaranteed to avoid any disease or catastrophe in this life, there are things that we can do that will dramatically increase our chances for good health, especially from what we know in the realm of cancer. Do you know what things to avoid and what things you ought to include to maximize the fight against cancer? Join author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, internationally certified health coach, USAT nationally qualified age-group triathlete and speaker Keri Lappi, to reconnect and be inspired by practical lifestyle tweaks that will go a long way toward helping you to become your best. Seminar presented by Keri Lappi, CIHC, owner and founder of Energetic Wellness Coaching. DATES: Friday, March 5 at 9:30am, Wednesday, March 24 at 7pm

Are You Living Mindfully? Wellness Seminar- Experiment with strategies for calm and focus and identify resources and tools to manage stress and emotional imbalance. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and certified Wellcoach Nadene White. DATES: Wednesday, April 14 at 6pm, Thursday, April 15 at 11am.

Battlefield Nerf Interactive- Bring your Nerf blasters (N-strike compatible only) and we'll provide nerf darts (do not bring your own darts) and obstacles. Teams will be formed and different games will be played during the hour. Safety glasses will be provided and must be worn during the game. Register at the Kirksey Recreation front desk. **ADDITIONAL FEE: Member-\$5/date, Resident-\$10/date, Non-Resident-\$15/date.** DATES: Friday, March 5, Friday April 9, Friday May 7. Grades and Time for each date- K-2 grade 6:30pm-7:30pm, 3-5 grade 7:45pm-8:45pm 6-8 grade 9pm-10pm

Benefits of the Mediterranean Diet Nutrition Seminar- Have you ever wondered about the benefits of the Mediterranean diet, what this eating style really is or how to incorporate this into your daily routine? Come learn all that and more! We will discuss the basics of this eating plan, the benefits of its use and how to incorporate this into your healthy daily routine. You will come away from this equipped with the knowledge to make positive changes in your life! Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATES: Wednesday, March 17 at 9am, Saturday, March 27 at 9am.

Break the Pop Habit! Nutrition Seminar- Are you addicted to soda? Sugar? Do you feel like you could use some very practical support in figuring out a way to get over it? Join author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, internationally certified health coach, USAT nationally qualified age-group triathlete and speaker Keri Lappi, to reconnect and be inspired by practical lifestyle tweaks that will go a long way toward helping you to become your best. Seminar presented by Keri Lappi, CIHC, owner and founder of Energetic Wellness Coaching. DATES: Monday, March 8 at 10am, Friday, March 26 at 10am, Wednesday, March 31 at 7pm.

Bunny Brunch *Interactive*- Enjoy games and crafts along with a visit from the Easter Bunny! Lunch will be provided. Advance registration required. Tickets available beginning February 25 at the Kirksey Recreation Center. **ADDITIONAL FEE: Resident: \$6.00/person, Non-resident: \$9.00/person.** DATE: Saturday, March 27 at 11am, Location- Livonia Civic Park Senior Center (15218 Farmington Road)

Butts and Guts *Workout* – This 45 minute exercise class puts the entire lower body to work. This class contains no choreography. Exercises performed in this class concentrate on the core, glutes and legs. A little upper body work is also included.

Cardio Strength *Workout*-This 45 minute exercise class is designed to give you an action packed 45 minutes of cardio drills and strength training. Class will consist of a variety of cardio drills and upper/lower body strength exercises utilizing a variety of fitness equipment.

Circuit Training *Workout*- This 45 minute exercise class is designed to help improve muscular strength and endurance using a variety of circuits. Class contains no choreography. Class will use a variety of fitness equipment working the upper body, lower body and core. Stretching is included at the end.

Dive in Movie Night (movie will be announced later) *Interactive*- Get your family and friends together for a movie night you won't forget! Ditch the stuffy living room and relax in an inflatable raft in our lap pool while we show a popular movie on our full color LED scoreboard! Children under 16 must be accompanied by an adult. Any person in attendance must be able to swim or have the use of a coast guard approved life jacket/vest. Pre-registration required. Limited space available. Tickets go on sale January 6th. Pre-registration required. Tickets purchased at Kirksey Recreation Center the front desk. **ADDITIONAL FEES: \$5.00/person-Wet (swimming) Ticket, \$4.00/person-Dry (non-swim) Ticket, \$1.00 single raft rental (limited quantity), \$2.00 double raft rental (limited quantity)** DATE: Saturday, March 6 at 5pm.

Eating and Living for Optimal Health *Nutrition Seminar*- Come learn about healthy daily eating patterns including portion sizes and what kind of foods to eat. We will learn about the MyPlate guidelines, balanced eating, exercise and most importantly- how to create behavior changes that stick! If you are interested in weight loss, we will be talking about techniques to help with that as well as weight maintenance. Eating the right type and quantity of foods, at the right time, can help keep your energy up while allowing your body to lose weight. Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATES: Saturday, March 6, 9am, Wednesday, March 24 at 9am.

Eating for a Healthy Weight *Nutrition Seminar*- March is National Nutrition Month! Join Registered Dietitian Nutritionist, Noelle Blasch, MS in celebrating National Nutrition Month with weekly informational seminars. Come learn, have fun and make healthy changes! Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATE: Monday, March 15 at 7pm

Eating on the Run *Nutrition Seminar*- March is National Nutrition Month! Join Registered Dietitian Nutritionist, Noelle Blasch, MS in celebrating National Nutrition Month with weekly informational seminars. Come learn, have fun and make healthy changes! Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATE: Monday, March 29 at 7pm

Enjoy More Fruits/Vegetables *Nutrition Seminar*- March is National Nutrition Month! Join Registered Dietitian Nutritionist, Noelle Blasch, MS in celebrating National Nutrition Month with weekly informational seminars. Come learn, have fun and make healthy changes! Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATE: Monday, March 1 at 7pm

Egg Hunt *Interactive* - Register the day of the event from 10:30am-11:30am. Egg Hunt begins at 12pm. Ages 10 and under are welcome (with parent participation) to search for eggs from the Easter Bunny! DATE: Saturday, April 3. Location: Rotary Park, 32300 Six Mile, Livonia.

Family Climb Class/Workout – For ages 6 and up. Get the family together for a fun time learning about basic wall safety, belay techniques, knot tying and voice commands. This class will only need to be taken once. Upon completion of this class, you and your climbing partner will have access to the climbing wall every Friday, between 6-9pm and access to any Open Climb listed on the 100 Day calendar. DATES: Sunday, March 7 at 3pm, Saturday, March 13 at 6pm, Sunday March 14 at 3pm

Fit after Fifty Workout – This 45 minute exercise class is designed for ages 50+. Class will utilize strength training exercises, involving the upper and lower body. A variety of portable exercise equipment will be used. This class contains no choreography. All levels of fitness are welcome.

Fit after Sixty- Fall Prevention Workout- This 45 minute exercise class is designed for ages 60+. Class will be centered on the unique needs of the active older adult who knows the importance of staying physically stable. Learn specific exercises that will decrease the risk of falling. Improve your stability. Class contains no choreography. Class will also include upper body and lower body strength training. All levels of fitness are welcome.

Fitness Hub Orientation Interactive - For Adults. Introductory orientation to the fitness hub. Group orientations will cover the basics for cardio equipment use and selectorized equipment use. DATES: Friday, March 5 at 10am, 1pm, 6pm., Friday, March 19 at 10am, 1pm, 6pm.

FREE Fridays at the Rec, 5am-11pm- Take advantage of open swim, open basketball courts, fitness hub workouts, tree fort use, open wall use, indoor track use, etc..., every Friday during the Healthy Livonia's 100 Days to Health! Must be enrolled in the Healthy Livonia's 100 Days to Health program.

Kids Night Out! (Ages 5-12) Interactive – Parents, enjoy a night to yourselves while we provide food and entertainment for your children. Every third Friday of the month, your kids will have a blast in the leisure pool, rock climbing, eating pizza and pop, playing games and watching a movie. Send your kids off to have fun while you relax and take a much deserved break. Pre-registration required. Register at the Kirksey Recreation Center front desk. Limit 40 kids per night. Check-in begins at 5:45pm. **ADDITIONAL FEE: Member-\$17, Resident-\$22, Non-Resident-\$27.** DATES: Friday, March 19 at 6-10pm, Friday, April 16 at 6-10pm & Friday, May 21 at 6-10pm.

Kids Yoga (Ages 5 & up) Workout- This is an age specific, fun 45 minute yoga class. Kids will learn the basics of yoga and progress through class at their own pace. Yoga can improve focus, confidence, coordination, flexibility and fitness level. The class will be instructed by Kirksey Recreation Center Registered Yoga Alliance instructor Amy Menon.

Killing Stress: Maximizing Lifestyle and Nutritional Approaches Nutrition Seminar- Our lives over the last year have been marked with an increased level of stress that we have not known before as a society. What can we do in our everyday to reduce that, increase quality of life and actively push away disease and illness? Join author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, internationally certified health coach, USAT nationally qualified age-group triathlete and speaker Keri Lappi, to reconnect and be inspired by practical lifestyle tweaks that will go a long way toward helping you to become your best. Seminar presented by Keri Lappi, CIHC, owner and founder of Energetic Wellness Coaching. DATES: Tuesday, March 2 at 10am, Wednesday, March 10 at 7pm.

Nutritional Counseling Basics! Is it right for me? Nutrition Seminar- Learn about the process of nutrition counseling with Noelle Blasch, MS, Registered Dietitian Nutritionist. An overview of the process will be covered as well as what her philosophy is for healthy eating. General nutrition tips and healthy eating will be discussed along with why it is important to make strides towards a healthier lifestyle. Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATE: Saturday, March 13 at 9am.

Open Climb (Ages 6 & Up) Workout - For ages 6 to adult. Test your climbing skills on the climbing wall. Climb with the aid of your own belayer. A staff belayer will be available, but will be assisting all climbers.

Pilates Basics Workout – The focus of this 45 minute pilates class is to familiarize participants with pilates mat work. You'll learn the difference between neutral spine and imprint, proper pilates breathing, ribcage placement, neck placement and pelvic alignment. The exercises will build a base of strength and flexibility creating a total body workout. All levels of fitness are welcome, including beginners. A mat will be provided or you may bring your own.

Positivity in Adversity Wellness Seminar- Learn strategies for cultivating optimism and exploring the role of resilience in adverse times. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and certified Wellcoach Nadene White. DATES: Wednesday, March 17, 6pm, Thursday, March 18 at 11am.

Reduce Sugar/Vegetarian Tips Nutrition Seminar- March is National Nutrition Month! Join Registered Dietitian Nutritionist, Noelle Blasch, MS in celebrating National Nutrition Month with weekly informational seminars. Come learn, have fun and make healthy changes! Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATE: Monday, March 22 at 7pm

Reducing Food Waste Nutrition Seminar- March is National Nutrition Month! Join Registered Dietitian Nutritionist, Noelle Blasch, MS in celebrating National Nutrition Month with weekly informational seminars. Come learn, have fun and make healthy changes! Seminar presented by Kirksey Recreation Center Registered Dietitian Nutritionist Noelle Blasch, MS, RDN and owner of Nutrition with Noelle, LLC. DATE: Monday, March 8 at 7pm

Spring Open House Interactive- Check out the Kirksey Recreation Center. Come on in to swim, rock climb, workout, play games, shoot hoops in the gyms and get to know your local businesses. **ADDITIONAL FEE: Residents-free, Non-Residents-\$3.00** DATE: Sunday, April 18 at 12pm.

Strength and Core Workout- This 45 minute exercise class challenges the whole body. Class contains no choreography. Upper and lower body strength training. Class concludes with core training.

Tai Chi Modified Workout – The slow and graceful movements are designed to help older adults strengthen their lower extremities, core muscles of the back and abdomen and improve balance which can reduce the likelihood of falling. This modified form primarily moves forward at 45-degree angles. All levels of fitness are welcome. Classes instructed by Roy Marvel.

Tai Chi 101 Workout – The slow and graceful movements of this modified Yang style are designed to strengthen the lower extremities, core muscles of the back and abdomen and improve balance which can reduce the likelihood of falling. This style includes various degrees of turning, brief one leg balancing and moving backwards. All levels of fitness are welcome. Classes instructed by Roy Marvel.

Time Too Savor-Food Prep Class Grocery/Interactive – Experience the convenience of combining pre-prepped ingredients for easy assembly at home. **ADDITIONAL FEE- A dinner feeding 2-3 will be \$16.99 each, a dinner feeding 4-6 will be \$29.99 each (limit 3 per household).**

DATES: Thursday, March 4, 5:30pm, Saturday, March 6 at 10:30am, Wednesday, March 10 at 5:30pm, Friday, March 12 at 3:30pm, Saturday, March 13 at 10:30am, Wednesday, March 17 at 3:30pm, Friday, March 19 at 3:30pm, Saturday, March 20 at 10:30am. Location: 33483 Seven Mile Road, Livonia.

Total Body Conditioning Workout – This 45 minute exercise class is designed to help improve muscular strength and cardio endurance. This class contains no choreography. The class will use a variety of fitness equipment that will challenge your cardio conditioning, upper body, lower body and core.

Water Exercise Workout (Leisure Pool) – Work out in an aquatic environment. All levels of fitness are welcome. The class will be instructed by Kirksey Recreation Center NGA certified personal trainer Ursula Hack.

Weight Loss Fitness Challenge Weigh-ins – Weigh in each month, become eligible for monthly raffle prizes provided by Dick's Sporting Goods gift and become eligible for the grand prize- a 3 Month Single Adult Membership to the Kirksey Recreation Center!

Yoga Basics Workout – This 45 minute class will emphasize classical yoga posture. The participant moves at his/her own pace to develop focus, strength and flexibility. All levels of fitness are welcome, including beginners. A mat will be provided or you may bring your own.

Your Immune System: Hacks in a Post-Covid 19 World Nutrition Seminar- Our health can be dramatically lowered or improved by how we foster our immune system. Do you know what to do to specifically maximize your health for your immune system? Do you know what hurts it? Join author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, internationally certified health coach, USAT nationally qualified age-group triathlete and speaker Keri Lappi, to reconnect and be inspired by practical lifestyle tweaks that will go a long way toward helping you to become your best. Seminar presented by Keri Lappi, CIHC, owner and founder of Energetic Wellness Coaching. DATES: Wednesday, March 3 at 7pm, Thursday, March 11 at 10am.

Zumba Workout – 45 minute Latin inspired, dance fitness class incorporating Latin/international music and dance movements. The cardio based dance movements are easy to follow & fun. Non-dancers and new exercisers will thrive in this non-intimidating party like environment.

Zumba Tone Workout – 45 minute Latin inspired, dance fitness class incorporating Latin/international music, dance movements and light hand weights. The cardio based dance movements are easy to follow & fun. The light hand weights that are used will help tone the body. Non-dancers and new exercisers will thrive in this non-intimidating party like environment.