



W E L L F I T N E S S

Aqua Fitness | Mother's Day | Vitamins | Overall Health

## New Service Spotlight: AQUA FITNESS

Aqua fitness classes are a great way to incorporate a great workout the wondrous benefits of water. The classes involve some similar exercises you would find in a 'dry' class. But aqua fitness has added benefits. The top benefits of aqua aerobics: Water supports the body, putting less stress on your joints and muscles. Working out in water helps build strength. Fighting against the push of the water activates your muscles. Water pressure helps put less strain on the heart by moving blood around the body. The impact of gravity is less in the water allowing a greater range of motion. Working out in water helps prevent overheating, helping you exercise for longer.



CLICK HERE

\*Check your community Wellness calendar or your community group to see if this service is available at your property

## MOTHER'S DAY *Spa Special*

MANI&PEDI, FACIALS, RELAXING MASSAGE



SCAN ME



CLICK HERE

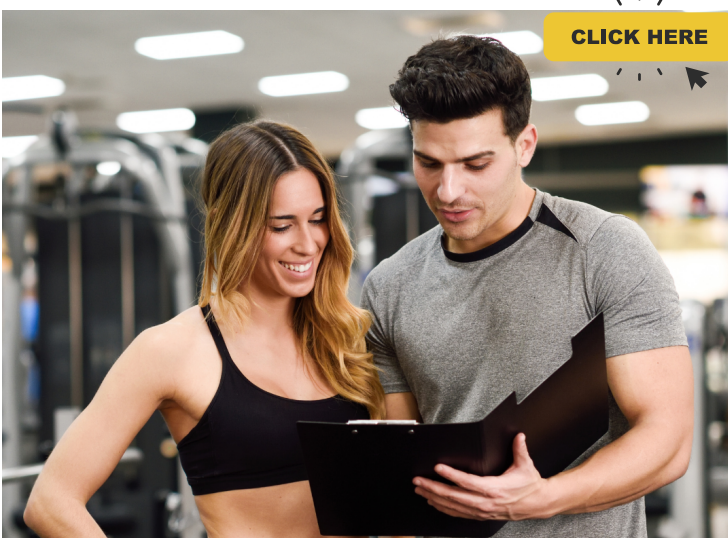
## Happy Mother's Day!

Mother's Day is the special time of year when you get to celebrate your first best friend and the person you always turn to when you need advice. Mother's Day is also a great time to show your love for all the other wonderful women in your life. If you're looking for a way to show your mother, grandmothers, or any other mother figure in your life how special you think they are, a spa and massage day is the perfect gift. We are offering a Mothers Day Spa Special to celebrate the phenomenal women in our lives. Feel free to contact us or scan the code to book a session.



## Overall Health

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." A healthful lifestyle provides the means to lead a full life with meaning. Mental and physical health are probably the two most frequently discussed types of health. Spiritual, emotional, and financial health also contribute to overall health. Those with good spiritual health may feel a sense of calm and purpose that fuels good mental health. Good physical health can work in tandem with mental health to improve a person's overall quality of life.



## Free Wellness Assessment

Schedule your complimentary Wellness Evaluation today! [Click here to register for the App](#)

## Vitamins

Vitamins are organic compounds that people need in small quantities. Most vitamins need to come from food because the body either does not produce them or produces very little. Vitamins help your body grow and work the way it should. There are 13 essential vitamins — vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate). Vitamins have different jobs to help keep the body working properly. Some vitamins help you resist infections and keep your nerves healthy, while others may help your body get energy from food or help your blood clot properly. Having too little of any particular vitamin may increase the risk of developing certain health issues. By following the Dietary Guidelines, you will get enough of most of these vitamins from food. In the event that all of your vitamin needs are not met through food, vitamin supplements may be necessary. It is important to speak with a healthcare provider before trying any supplement. Your doctor or pharmacist can recommend brands that fit your needs.

*Yvette Brazier - Medical News Today*  
[www.nia.nih.gov](http://www.nia.nih.gov)

