

OCTOBER WELLNESS NEWS

“Weller” Wednesdays will begin this month!

Weller Wednesday will be a day where we celebrate the healthy lifestyles of our seniors through a fun wellness class or a healthy nutritional snack!

- October 3rd:** Exercise class
- October 10th:** Exercise class
- October 17th:** DIY Yogurt Parfaits
- October 24th:** Exercise class
- October 31st:** Pumpkin Juice

The Wellness Department will be having a **Wellness Halloween Party on Wednesday October, 31st at 11:15am!** We will be making pumpkin juice & talking about the amazing health benefits! Come dressed in your favorite Halloween costumes. We will be dancing to the song thriller!

Wellmore Pickleball Team will be playing pickleball at the Volvo Car Stadium Friday, **October 12th & Friday, October 26th!** We will meet at the front desk at 10:30am, leave at 10:45 for our game at 11:00am!

Wellmore Golf Day: Saturday, October 27th!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:45 - 10:30 am Aqua Fitness (Pool) Level 3	9:45 - 10:30 am Strength & Conditioning (Wellness Gym) Level 2	9:45 - 10:30 am Aqua Fitness (Pool) Level 3	9:45 - 10:30 am Strength & Conditioning (Wellness Gym) Level 2	9:45 - 10:30 am Aqua Fitness (Pool) Level 3	9:45 - 10:45 am Strength & Conditioning (Wellness Gym) Level 2
11:15 - 11:45 am Resistance & Toning (Fitness Studio) Level 1	11:15 - 11:45 am Low Impact Aerobics (Fitness Studio) Level 1	11:15 - 11:45 am “Weller” Wednesday (Fitness Studio) Level 1	11:15 - 11:45 am Low Impact Aerobics (Fitness Studio) Level 1	11:15 - 11:45 am Resistance & Toning (Fitness Studio) Level 1	11:15 - 11:45 am Low Impact Aerobics (Fitness Studio) Level 1
1:00 - 2:00 pm Restorative Exercise Therapy (By Appointment Only)	1:00 - 4:00 pm WAVES Sessions & Training (Pool) Level 1	1:00 - 2:00 pm Restorative Exercise Therapy (By Appointment Only)	1:00 - 4:00 pm WAVES Sessions & Training (Pool) Level 1	1:00 - 2:00 pm Restorative Exercise Therapy (By Appointment Only)	1:30 - 2:15 pm Restorative Exercise Therapy (By Appointment Only)
2:15 - 3:00 pm Strength & Conditioning (Wellness Gym) Level 2	2:15 - 3:00 pm Golf Conditioning (Fitness Studio)	2:15 - 3:00 pm Strength & Conditioning (Wellness Gym) Level 2	2:15 - 3:00 pm Cardio Walking (Meet at Wellness Office) Level 3	2:15 - 3:00 pm Strength & Conditioning (Wellness Gym) Level 2	2:30 - 3:15 pm CLIMB Lower Body Workout (Fitness Studio) Level 3
3:15 - 4:00 pm CLIMB Lower Body Workout (Fitness Studio) Level 3	3:15 - 4:00 pm Circuit Workout (Fitness Studio) Level 3	3:15 - 4:00 pm CLIMB Lower Body Workout (Fitness Studio) Level 3	3:15 - 4:00 pm Circuit Workout (Fitness Studio) Level 3	3:15 - 4:00 pm CLIMB Lower Body Workout (Fitness Studio) Level 3	

MEET THE WELLNESS TEAM



Erica Ford, Wellness Director

Bachelor of Science in Exercise Science
 Certified ISSA Exercise Therapist
 TRX Total Body Resistance Instructor
 Certified Pound Fit Instructor
 Certified Dementia Practitioner
 Certified WAVES Instructor
 Licensed Zumba Instructor
 Certified NPTA Golf Conditioning Instructor
 Certified NPTA Restorative Therapist
 Certified NPTA Strength & Conditioning Sport Specific



Anterica Thomas, Wellness Associate

Bachelor of Science in Exercise Science
 Certified WAVES Instructor

CLASS DESCRIPTIONS

Aqua Fitness: Jump right in! The water feels great! Our indoor-heated saltwater pool is set around 92 degrees to ensure an efficient aquatic experience! With a mix of flexibility, strength training, balance and cardio exercises, emerge from the pool feeling refreshed, energized & toned! Water shoes are recommended but are not required. This class is not structured with one on one assistance in the pool. The one on one assistance would be with the WAVES program!

Balance & Posture: Two very important components of everyday living. This class focuses greatly on the physiology of balance & posture. For 30 minutes we will do different exercises to contribute to our balance & posture. All levels are welcome!

Cardio Walking: This class focuses on balance, stride, cardio, posture, endurance & stability. This class will help you to reduce of falls by learning how to efficiently walk on flat terrains and also outdoor terrains. Meet us at the Wellness office on Thursdays at 2:15pm for cardio walking on the Wellmore trail!

Circuit Workout: This class is a continuous moving class that is divided into different exercise stations. This class is combined with a variety of strength & aerobic exercises to condition the body efficiently.

CLIMB: Consistency, Longevity, Independence, Mobility & Balance! The goal of this class is to improve your lower body physical condition! We do exercises

such as calf raises, modified knee bends, lateral leg raises & hamstring curls!

Golf Conditioning: Come learn the skill of golf with us! We will be focusing on balance & proper stance, grip, putting, chipping & once a month we take a trip to the Dunes West Golf course to practice our full swings! All levels welcome!

Low Impact Aerobics: This is a seated class that is structured to accommodate those whose who are new to exercise or to those who are seeking a Level 1 wellness class. In this class we will be focusing on a light warm up followed by muscle endurance exercises and stretching.

Resistance & Toning: Resistance & Toning: This class involves using resistance bands & free weights! We begin the class with a light warm up, proceeding to the upper & lower body in a resistance workout. We finish the workout with core exercises & stretching. This class will build your muscle strength & muscle endurance!

Restorative Therapy: This is a one on one session that is made by appointment only. As someone is discharged from therapy, the therapist will give a discharge plan following their discharge from PT, OT or Speech. The Wellness Department will be offering 15 minute Restorative Therapy Sessions for residents in Assisted Living, Memory Care & SNF. We will receive the discharge plan from Therapy & we will implement that plan with those who make an appointment with us!

Levels of Wellness Classes:

Our wellness programs at Wellmore of Daniel Island are a great continuum of a fitness regimen that you have recently had or can also serve as a starting point for someone beginning their exercise journey. Our Wellness Programs also serve as a great continuum plan when being discharged from therapy. When you are discharged from therapy, we receive the discharge paper work & your continuum plan will be executed throughout our wellness programming. Below, you will see a list of the different types of class levels that we offer.

Level 1: This is a seated level class that includes a gradual warm up, cardio & functional movements including free weights, resistance bands, weighted balls & stretching.

Level 2: This is a guided fitness time in our Wellness weight room. Level 2 Wellness Classes will be focusing on strength training & cardio on the machines & also balance exercises on the balance bar.

Level 3: This is the highest level wellness class that is a fully standing class. Level 3 wellness classes are total body classes that will involve a higher intensity cardio warm up, total body workout with weights & other beneficial equipment, followed by efficient stretching.

Strength & Conditioning: One staff from our wellness department will be present during this class! We will be there to assist you throughout your workout on the weight machines and/or the cardio equipment. This class is for those who are looking for guidance on the weight machines, such as how to load the machines & guidance on how many repetitions to complete. This is a fantastic transitional class after being discharged from Physical Therapy!

WAVES Sessions: Our Residents will receive such beneficial physical & cognitive aspects throughout their WAVES Sessions! There are a variety of upper, lower & cardiovascular ex-

ercises. WAVES sessions will be complete in the wellness pool. Contact the Wellness Department today to schedule an appointment & to be paired with a certified WAVES trainer here at Wellmore of Daniel Island!

Zumba Silver: Zumba® Silver is a class that is specially designed to cater to the needs of beginners of all ages, active older adults, and those just starting on their fitness journey. Zumba Silver is also for those individuals who are new to working out, or who suffer from physical impairment. Unlike normal Zumba classes, Zumba® Silver involves moving at a slower pace. This dancing exercise is associated with many cardiovascular & muscular health benefits.



October 2018 WELLNESS SCHEDULE