



Winter 2019

Healthy Living Class Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8 am	8 am	8 am	8 am	8 am
<ul style="list-style-type: none"> • Cornerstones of the Mayo Clinic Diet • Strengthening with Suspension • Elements of Movement • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Cornerstones of the Mayo Clinic Diet • Metabolic Fix (HI) • Pilates Reformer (HI) • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Cornerstones of the Mayo Clinic Diet • Optimizing Your Bone Density • Stress Management & Resiliency Training (SMART) • Strengthening with Suspension (HI) • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Cornerstones of the Mayo Clinic Diet • Goal Setting • Metabolic Fix • Pilates Reformer (HI) • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Cornerstones of the Mayo Clinic Diet • Get Wired for Your Workout • Enhance Resiliency & Manage Stress
9 am	9 am	9 am	9 am	9 am
<ul style="list-style-type: none"> • Kitchen Essentials • Making Meal Planning Manageable • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Healthy Sleep • Kitchen Essentials • Making Meal Planning Manageable • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Healthy Eating Away from Home • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Mindful Eating • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit
10 am	10 am	10 am	10 am	10 am
<ul style="list-style-type: none"> • Healthy Eating Away from Home 	<ul style="list-style-type: none"> • Stress Management & Resiliency Training (SMART) • Healthy Eating Away from Home 	<ul style="list-style-type: none"> • Making Meal Planning Manageable • Mindful Eating 	<ul style="list-style-type: none"> • Nutrition Trends 	<ul style="list-style-type: none"> • Mindful Eating
11 am	11 am	11 am	11 am	11 am
	<ul style="list-style-type: none"> • Relaxation Techniques 	<ul style="list-style-type: none"> • Gentle Yoga • Nutrition Trends 	<ul style="list-style-type: none"> • Making Meal Planning Manageable 	<ul style="list-style-type: none"> • Healthy Eating Away from Home
12 pm	12 pm	12 pm	12 pm	12 pm
<ul style="list-style-type: none"> • Cooking Well (90 min) 	<ul style="list-style-type: none"> • Cooking Well (90 min) • Intro to Yoga • Pilates Reformer (HI) 	<ul style="list-style-type: none"> • Cooking Well (90 min) • Pilates Reformer (HI) 	<ul style="list-style-type: none"> • Cooking Well (90 min) • Gentle Yoga • Pilates Reformer (HI) 	<ul style="list-style-type: none"> • Cooking Well (90 min) • Restorative Yoga
1 pm	1 pm	1 pm	1 pm	1 pm
<ul style="list-style-type: none"> • Get Balanced • Pilates Reformer (HI) • Relaxation Techniques • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Metabolic Fix • Relaxation Techniques • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Elements of Movement • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Metabolic Fix (HI) • Stress Management & Resiliency Training (SMART) • Enhance Resiliency & Manage Stress 	<ul style="list-style-type: none"> • Strengthening with Suspension (HI) • Enhance Resiliency & Manage Stress
2 pm	2 pm	2 pm	2 pm	2 pm
<ul style="list-style-type: none"> • Metabolic Fix (HI) • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Happy Feet • Intro to Foam Rollers • Goal Setting • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Get Balanced • Intro to Foam Rollers • Relaxation Techniques • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Exercise for a Busy Life • Intro to Foam Rollers • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit 	<ul style="list-style-type: none"> • Relaxation Techniques • Get Wired for Your Workout • Optimizing Your Bone Density • Why Eat Healthy? • Physical Activity for the Body, Mind & Spirit
3 pm	3 pm	3 pm	3 pm	3 pm
<ul style="list-style-type: none"> • Elements of Movement • Mat Pilates • Healthy Eating Away from Home 	<ul style="list-style-type: none"> • Goal Setting • Mindful Eating • Optimizing Your Bone Density • Strengthening with Suspension (HI) 	<ul style="list-style-type: none"> • Intro to Foam Rollers • Mat Pilates • Strengthening with Suspension (HI) • Kitchen Essentials 	<ul style="list-style-type: none"> • Get Balanced • Strengthening with Suspension (HI) • Intro to Foam Rollers • Kitchen Essentials • Making Meal Planning Manageable 	<ul style="list-style-type: none"> • Get Balanced • Making Meal Planning Manageable • Mat Pilates • Metabolic Fix (HI) • Elements of Movement
4 pm	4 pm	4 pm	4 pm	4 pm
<ul style="list-style-type: none"> • Get Balanced • Intro to Foam Rollers • Mindful Eating • Strengthening with Suspension (HI) 	<ul style="list-style-type: none"> • Elements of Movement • Making Meal Planning Manageable 	<ul style="list-style-type: none"> • Get Wired for Your Workout • Metabolic Fix (HI) • Mindful Eating • Optimizing Your Bone Density • Healthy Sleep 	<ul style="list-style-type: none"> • Elements of Movement • Happy Feet • Healthy Eating Away from Home 	<ul style="list-style-type: none"> • Intro to Foam Rollers • Pilates Reformer (HI)
Evening	Evening	Evening	Evening	Evening
		<ul style="list-style-type: none"> • 5:30 pm Dinner-and-a-Speaker 	<ul style="list-style-type: none"> • 5:00 pm Group Acupuncture 	

**Class schedule is subject to change. Please call 507-293-2933 for current offerings. **

Mayo Clinic Healthy Living Program
 Dan Abraham Healthy Living Center, Floor 6
 565 First Street SW, Rochester, MN 55902



Nutrition

Cooking Well: Learn practical cooking skills and delicious nutritious recipes from our executive wellness chef and wellness dietitians in this hands-on participation class.

Cornerstones of The Mayo Clinic Diet: Learn about the New York Times Best Selling weight loss program designed to help you break unhealthy old habits and adopt new healthy ones that you can maintain for the rest of your life.

Healthy Eating Away from Home: Be comfortable choosing healthy options when eating meals away from home. This includes meal choices when dining out, as well as other meals eaten away from home and while traveling.

Kitchen Essentials: Make time in the kitchen well-spent by enhancing your meal planning and preparation efficiency.

Making Meal Planning Manageable: Learn strategies for efficient meal planning, preparing grocery lists, and stocking pantry staples for quick and easy meals.

Mindful Eating: Learn more about the benefits and practice of mindfulness to help make meal times and snack times more enjoyable and purposeful

Why Eat Healthy?: Introduction to proper nutrition through the Mayo Clinic Healthy Weight pyramid, energy density, pantry information. Right foods, right amount, right reason.

Physical Activity

Elements of Movement: Engage in a fun, practical movement experience that teaches the way we were meant to move: with efficiency, mobility and control.

Exercise for a Busy Life: Learn strategies to stay active while maintaining the rigors of a hectic work schedule.

Get Balanced: Balance is very important in our everyday lives, yet it is an often undertrained element of wellness. This class offers a quick and easy workout that you can do safely at home.

Get Wired for Your Workout: Do you want to learn how to effectively track your exercise to find better motivation and see greater improvements? This class is designed to bring the latest technology to your workouts.

Happy Feet: Your feet have a tough job. Kick off your shoes and learn some simple techniques that improve flexibility, build strength, and tone your feet.

Healing Movement: Experience a flowing class focused on gentle movement, relaxation, stretching, and releasing tension from your body.

Introduction to Foam Rollers: Use the foam roller to enhance your flexibility, core strength, and balance. Discover creative alternatives to reduce pain, improve stability and maximize mobility.

Mat Pilates: Practicing Pilates exercise will help you to improve posture, core strength, and flexibility.

Metabolic Fix: A high intensity metabolic workout using a wide range of machines, body weight and cardio equipment.

Optimizing Bone Density through Exercise: Gain an understanding of what Osteoporosis and Osteopenia is and find out what you can do to fight the negative effects of it, or prevent it completely.

Physical Activity for the Body, Mind & Spirit: Mayo branded marquee presentation on why physical activity. Why is light activity important? Why work on aerobic fitness, strength, balance and flexibility?

Pilates Reformer: A whole body workout which focuses on core stability and improves balance, flexibility, and posture.

Strengthening with Suspension: This fun and effective total body workout will engage your core, activate neglected muscles, and raises your heart rate for an aerobic workout.

Resiliency

Enhanced Resiliency & Manage Stress: This session will explore sources of societal stress and encourage personal reflection.

Gentle Yoga: Experience a calming, gentle yoga session with our certified yoga instructors to enhance stretching, ease tension and create space for relaxation and rejuvenation.

Healthy Sleep: This interactive session includes education on the benefits of sleep, causes for disturbance and strategies to enhance sleep while at home or on the road.

Introduction to Yoga: Discover the benefits of a regular yoga practice in this introductory class featuring basic, gentle yoga postures.

Relaxation Techniques: Immerse yourself into a variety of relaxation modalities including; stretching to release tension, breath-work to connect your mind, body and spirit and progressive muscle relaxation

Restorative Yoga: This session of conscious relaxation includes yoga poses on the floor or seated in a chair with the use of props.

Stress Management & Resiliency Training (SMART): A structured, practical and scientific approach to enhance well-being, resiliency, and mindfulness. This training will provide practical skills to discover life's higher meaning, improve stress, and strengthen your relationships.