

# Mayo Clinic Healthy Living

The Mayo Clinic Healthy Living Program is a wellness experience for all who seek sustainable, life-long improvements in their well-being. To broaden your skills in physical activity, resiliency and nutrition, choose from the following classes designed to enhance your quality of life. Take a class and improve your health.

## PHYSICAL ACTIVITY

<b>The NEAT Experience: Sit Less, Move More</b> .....	<b>\$25</b>
Explore novel ways to build movement into your day and burn calories without exercising.	<i>60 minutes</i>
<b>Functional Interval Training</b> .....	<b>\$25</b>
Challenge yourself with a fun, indoor workout that includes an exciting variety of intervals to enhance your strength, balance, agility, coordination and cardiovascular fitness.	<i>45 minutes</i>
<b>Foam Roller: Flexibility, Core Strength, Balance and More</b> .....	<b>\$25</b>
Discover foam rolling: an alternative yet highly effective way to enhance flexibility, core strength and balance.	<i>45 minutes</i>
<b>Introduction to Suspension Training</b> .....	<b>\$25</b>
Experience a total body workout in this introductory class that will engage your core and activate neglected muscles. All fitness levels are welcome.	<i>45 minutes</i>
<b>Strengthening with Suspension</b> .....	<b>\$10</b>
Set aside the dumbbells in this fun and effective total body workout that will raise your heart rate and engage your core. Prior experience with suspension training is recommended.	<i>45 minutes</i>
<b>Get Wired: Using Technology to Enhance Your Workouts</b> .....	<b>\$25</b>
Learn how to use the latest technology including heart rate monitors, activity trackers and self-monitoring apps to track and improve your results.	<i>45 minutes</i>
<b>Introduction to Pilates</b> .....	<b>\$25</b>
Improve your core strength, balance and flexibility in this introductory mat class led by our certified Pilates instructors.	<i>45 minutes</i>
<b>Mat Pilates, Level 1-2</b> .....	<b>\$10</b>
Build greater strength and flexibility with our level 1 and 2 mat Pilates class led by certified instructors. Prior experience with Pilates is recommended.	<i>45 minutes</i>

**Visit [healthyliving.mayoclinic.org](http://healthyliving.mayoclinic.org) for a class schedule  
or call 507-293-2933 to make a reservation.**

## RESILIENCY

**Meditation** ..... \$10  
Join our experts for a guided meditation session that provides an opportunity for intentional stillness, non-doing and strengthening attention. *30 minutes*

**Introduction to Yoga** ..... \$25  
Discover the benefits of a regular yoga practice in this introductory class featuring basic, gentle yoga postures. *45 minutes*

**Gentle Yoga** ..... \$10  
Experience a calming, gentle yoga session with our certified yoga instructors to enhance stretching, ease tension and create space for relaxation and rejuvenation. *45 minutes*

**Prenatal Yoga** ..... \$10  
Discover how gentle yoga postures, breathing and relaxation techniques can relieve the discomforts associated with pregnancy. All who are new to yoga and currently practicing are welcome. Props may be used to keep postures safe and comfortable. *45 minutes*

**Healthy Sleep to Energize Your Life** ..... \$25  
Learn to combat sleep disturbances to get the full benefits of a restful night, including more energy and improved quality of life. *45 minutes*

## NUTRITION

**Cooking Well** ..... \$60+  
Learn practical cooking skills and delicious nutritious recipes from our executive wellness chef and wellness dietitians in this hands-on participation class. *120 minutes*  
Menus change regularly.

These classes are available to all who are interested in improving their wellness, including the broader public, Mayo Clinic employees and patients.



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