

HEALTH & WELLNESS: LIVE YOUR BEST LIFE

Exercise & Heart Health

This program, held on February 16th, was the second of a monthly series of new health and wellness programs the library will be offering in 2021. The series, *Health & Wellness: Live Your Best Life*, is funded by the Allen Foundation whose strong belief is that health and wellness begin with good nutrition. Click [HERE](#) to view the program online!



ALL ABOUT DAVID BLOCK!

David Block, BS, ACSM, CCEP, is a Certified Clinical Exercise Physiologist.

David received a Bachelor's degree in exercise physiology from Central Michigan University and has worked at Munson's Cardiac Prevention and Rehabilitation Department for 14 years. Prior to this, David worked at St. Joseph Mercy Hospital in Ann Arbor for 5 years and at Henry Ford Health System in Detroit and West Bloomfield for 2 years.



**THESE BOOKS
WILL KEEP
YOU MOVING!**

The Big Book of 30-Day Fitness Challenges: : 60 Habit -Forming Routines to Make Working Out Fun by Andie Thueson.

Fitness for Everyone: 50 Exercises for Every Type of Body by Louise Green.

No-Sweat Exercise Plan: Lose Weight, Get Healthy, and Live Longer by Harvey B. Simon.

10-Minute Workouts by Chrissie Gallagher-Mundy.

Yoga for Beginners: Essential Poses for Yoga Beginners by Amy Gilchrist.

STAY IN MOTION WITH THESE VIDEOS!

CARDIO PYRAMID EXERCISES

SPEND SMART. EAT SMART.™

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Extension and Outreach



Cardio Pyramid

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At-home WORKOUT 

CARDIO INTERVAL

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At-home Workout - Cardio Interval

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At-home WORKOUT 

BEGINNER STRENGTH TRAINING

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At-home Workout - Beginner Strength Training

UPPER BODY STRETCHES

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Upper Body Stretches

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CHAIR STRETCHES

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Chair Stretches

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CHAIR WORKOUT

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Chair Workout

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**TAKE YOUR
FITNESS
OUTSIDE!**



Lake Ann
Pathway



Lake Dubonnet
Trail Camp



Lost Lake
Trailhead



Ransom Lake
Natural Area



South Long
Lake Forest



Timbers
Recreation Area



Book Discussion
March 25th
6 pm
Via Zoom



MI Humanities



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