



# 2022 Healthy Livonia's 100 Days to Health

## DESCRIPTIONS FOR ALL ACTIVITIES LISTED ON THE 100 DAYS TO HEALTH CALENDAR

**Ashtanga Vinyasa Yoga Workout** – A completely guided primary series practice working towards building internal heat and detoxifying the body. You'll link breath and movement as you move through Sun Salutations A and B followed by a series of standing, balancing and seated postures. A mat will be provided, or you may bring your own.

**Beginning Yoga Workout** – This 45-minute class will emphasize foundational yoga postures that are practiced to align, strengthen and promote flexibility in the body. A mat will be provided, or you may bring your own.

**Breaking the Pop Addiction Nutrition Seminar** – Have you ever wanted to break the habit of drinking pop? Do you love it but know that it is hindering you from reaching your goals? Make this your year and your time to kiss it goodbye for good! Presented by Keri Lappi. Keri Lappi is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, an integrative nutrition health coach, and owner and founder of Energetic Wellness Coaching. DATES: Tuesday, March 8, 7 p.m., and Tuesday, March 29, 10 a.m.

**Bunny Brunch Interactive** – Enjoy games and crafts along with a visit from the Easter Bunny! Lunch will be provided. Advance registration required. Tickets available beginning February 28 at the Kirksey Recreation Center. **ADDITIONAL FEE: Resident: \$6/person, Non-resident: \$9/person.** DATE: Saturday, April 2, 11 a.m., Location – Livonia Civic Park Senior Center (15218 Farmington Road)

**Cardio Sculpt Workout** – This 45-minute exercise class is designed to give you an action packed 45 minutes of cardio drills and strength training. Class will consist of a variety of cardio drills and upper/lower body strength exercises utilizing a variety of fitness equipment.

**Circuit Training Workout** – This 45-minute exercise class is designed to help improve muscular strength and endurance using a variety of circuits. Class contains no choreography. Class will use a variety of fitness equipment working the upper body, lower body, and core. Stretching is included at the end.

**Dive in Movie Night Interactive** – Get your family and friends together for a movie night you won't forget! Ditch the stuffy living room and relax in an inflatable raft in our lap pool while we show a popular movie on our full color LED scoreboard! Children under 16 must be accompanied by an adult. Any person in attendance must be able to swim or have the use of a coast guard approved life jacket/vest. Pre-registration required. Limited space available. Tickets go on sale January 6th. Pre-registration required. Tickets purchased at Kirksey Recreation Center the front desk. **ADDITIONAL FEES: \$5/person-Wet (swimming) Ticket, \$4/person-Dry (non-swim) Ticket, \$1 single raft rental (limited quantity), \$2 double raft rental (limited quantity).**  
DATE: Saturday, March 5, 5 p.m.

**Egg Hunt Interactive** – Egg Hunt begins at noon. Come out for the annual Egg Hunt and get a photo with the Easter Bunny! Register the day of the event from 10:30-11:30 a.m. Ages 10 and younger are welcome. DATE: Saturday, April 16. Location: Rotary Park, 32300 Six Mile, Livonia.

**Fit after Fifty Workout** – This 45-minute exercise class is designed for ages 50+ who want to strength train. This class contains no choreography. The class will involve upper and lower body strength training. All levels of fitness are welcome.

**Fit after Sixty-Five- Fall Prevention Workout** – This 45-minute exercise class is designed for ages 65+. Class will be centered around the unique needs of the active older adult who knows the importance of staying physically stable. Learn specific exercises that will decrease the risk of falling. Improve your stability. The class will focus on upper and lower body strength training. All levels of fitness are welcome.

**Fit and Core Workout** – This 45-minute exercise class puts the entire body to work. This class contains no choreography. Exercises performed in this class concentrate on the upper body, lower body, and core.

**Fitness Hub Orientation Interactive** – For Adults. Introductory orientation to the fitness hub. Group orientations will cover the basics for cardio equipment use and selectorized equipment use. DATES: Friday, March 4, at 11 a.m., 1 p.m., 6 p.m., Friday, March 11, at 11 a.m., 1 p.m., 6 p.m.

**FREE Fridays at the Rec, 5am-10pm** – Take advantage of open swim, open basketball courts, fitness hub workouts, tree fort use, open wall use, indoor track use, etc., every Friday during the Healthy Livonia's 100 Days to Health! Must be enrolled in the Healthy Livonia's 100 Days to Health program.

**Getting a Good Night's Sleep Wellness Seminar** – Quality sleep is something that we all need to function. Not getting enough rest can affect your mood, productivity, and other aspects of your physical and mental health. In this seminar we will discuss what happens in your body when we sleep. We will also explore factors that contribute to a restful sleep and provide practical solutions to help you create and maintain a sleep routine that reduces stress on your body and mind. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 15, 9:30 a.m. and Thursday, March 24, 7 p.m.

**High Fitness Workout** – This 45-minute exercise class has simple and easy to follow fitness choreography. Interval training format will take you through a variety of cardio movement, toning, core work and upper body work. Take it high or low; options are given for all levels of fitness. Class is energetic, fun, and inspiring.

**Introduction to Intuitive Eating Nutrition Seminar** – Learn all about this “self-care eating framework” that has over 150 studies demonstrating its positive impact on physical health & emotional wellbeing. This presentation will prime you for the rest of this series that explores the Ten Principles of Intuitive Eating in more detail. This will be helpful for anyone who is tired of yo-yo dieting, weight cycling, tracking calories, and counting macros. You don't need to restrict your favorite foods to be healthy! Seminar presented by Mary Balog, Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Monday, Feb. 28, 7 p.m.

**Intuitive Eating Series: Part 1 Nutrition Seminar** – Intuitive Eating is a self-care eating framework that integrates instinct, emotion, and rational thought. By applying the ten principles, you can rebuild trust in your body and eat in a way that supports your physical, emotional, and even social wellbeing. Join Registered Dietitian Mary Balog, as she dives into Principles 1-5 of Intuitive Eating in part 1 of this series- Reject the Diet Mentality; Honor Your Hunger; Make Peace with Food; Challenge the Food Police; Feel Your Fullness. Mary Balog is a Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Wednesday, March 9, 7 p.m.

**Intuitive Eating Series: Part 2 Nutrition Seminar** – Intuitive Eating is a self-care eating framework that integrates instinct, emotion, and rational thought. By applying the ten principles, you can rebuild trust in your body and eat in a way that supports your physical, emotional, and even social wellbeing. Join Registered Dietitian Mary Balog, as she dives into Principles 6-10 of Intuitive Eating in part 2 of this series- Feel Your Satisfaction; Cope with Your Feelings with Kindness (Emotional Eating); Respect Your Body; Joyful Movement; Gentle Nutrition. Mary Balog is a Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Wednesday, March 23, 7 p.m.

**Kids Night Out! (Ages 5-12) Interactive** – Parents, enjoy a night to yourselves while we provide food and entertainment for your children. Every third Friday of the month, your kids will have a blast in the leisure pool, rock climbing, eating pizza and pop, playing games, and watching a movie. Pre-registration required. Register at the Kirksey Recreation Center front desk. Check-in begins at 5:45pm. **ADDITIONAL FEE: Member-\$17, Resident-\$22, Non-Resident-\$27.** DATES: Friday, March 18, 6-10 p.m.; Friday, April 15, 6-10 p.m.; and Friday, May 20, 6-10 p.m.

**Meet & Chat Time Wellness Seminar** – Let's get together and get to know each other a little better. We will meet, share, and learn from each other. We will address a different topic every meeting. Bring an open mind and a fun attitude! Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Friday, March 11, noon and Friday, April 8, noon.

**Nerf Nights Interactive** – You bring your Nerf blasters, and we'll provide the protective eye wear, team jerseys, nerf darts and obstacles. Teams will be split by our Nerf Nerds (referees), and they will coordinate different games during the hour. Please only bring Blasters that are compatible with the blue and orange darts. Register at the Kirksey Recreation front desk. **ADDITIONAL FEE: Member-\$5/date, Resident-\$10/date, Non-Resident-\$15/date.** DATES: Fridays, March 4 and April 1. Grades and Time for each date – K-2 grade 5:30-6:30 p.m.; 3-5 grade 6:45-7:45 p.m.; 6-8 grade 8-9 p.m.

**Open Climb (Ages 6+) Workout** – For ages 6 to adult. Test your climbing skills on the climbing wall. Climb with the aid of your own belayer. A staff belayer will be available but will also be assisting all climbers.

**Pilates Basics Workout** – The focus of this 45-minute pilates class is to familiarize participants with pilates mat work. You'll learn the difference between neutral spine and imprint, proper pilates breathing, ribcage placement, neck placement and pelvic alignment. The exercises will build a base of strength and flexibility creating a total body workout. All levels of fitness are welcome, including beginners. A mat will be provided, or you may bring your own.

**Power of Our Self Talk Wellness Seminar** – People's interpretations of the events in their lives can determine their emotional states, and in turn their actions. In this seminar we will examine the stories we tell ourselves, determine what aspects of your life you hold most important and create an action plan to start your life moving forward with a happier and more fulfilled you. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 8, 9:30 a.m. and Thursday, March 17, 7 p.m.

**Principles 1 and 2 of Intuitive Eating: Reject the Diet Mentality & Honor your Hunger Nutrition Seminar** – Either you or someone you know has likely had frustrating experiences with dieting. But it's not your fault! Diets don't work, and they may actually do more harm than good. Mary Balog will discuss the science of dieting and weight loss, as well as the biological mechanisms of hunger. Learn how to break the diet cycle! It's possible to work with your body and not against it; and you can start by recognizing and responding to your body's natural hunger cues. Seminar presented by Mary Balog, Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Monday, March 7, 7 p.m.

**Principles 3 and 4 of Intuitive Eating: Make Peace with Food & Challenge the Food Police Nutrition Seminar** – Do you have "forbidden foods" or foods you can't keep in the house? Mary Balog will review the psychology behind dieting & restriction. Learn how to challenge diet rules so you can eat what you want, while prioritizing your wellbeing. Seminar presented by Mary Balog, Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Monday, March 14, 7 p.m.

**Principles 5 and 6 of Intuitive Eating: Respect Your Fullness & Discover the Satisfaction Factor** *Nutrition Seminar* – Mary Balog will review the importance of eating to contentment. Learn how to recognize your satiety cues so you can identify how much food is "enough" for you, in the physical & the emotional sense-- without food measuring or calorie tracking! Seminar presented by Mary Balog, Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Monday, March 21, 7 p.m.

**Principles 7 and 8 of Intuitive Eating: Cope with Your Feelings with Kindness & Body Respect** *Nutrition Seminar* – How would it feel to treat yourself with kindness and compassion during times of stress? How would it feel to show up for the body you have today with respect and care? You deserve it! Mary Balog will review common patterns and solutions for emotional eating and will also discuss strategies for managing negative self-talk and bad body image days. Seminar presented by Mary Balog, Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Monday, March 28, 7 p.m.

**Principles 9 and 10 of Intuitive Eating: Exercise to Feel the Difference/Joyful Movement and Honor Your Health with Gentle Nutrition** *Nutrition Seminar* – Do you dread exercise? Is it hard to stick to a regimen? Learn how to shift your relationship to exercise with Joyful Movement. Mary Balog will also review how to practice Gentle Nutrition so you can optimize your performance and support body function, or manage chronic conditions, all while eating the foods you enjoy. Seminar presented by Mary Balog, Registered Dietitian-Nutritionist & Certified Intuitive Eating Counselor with the Kirksey Recreation Center. DATE: Monday, April 4, 7 p.m.

**Quit Quitting: The Link Between Mental Resilience and Physical Tenacity!** *Wellness Seminar* – Are you a person who begins a new diet or exercise program and starts off really strong and motivated, but then after a while, you completely lack the desire to continue, and it falls by the wayside? Are you the person who has ten books that you've started but none are finished? Why do some people seem immune to the boredom, the drudgery, and the perceived pain of such persistence? Come find out the practical steps to overcoming the overwhelming desire to quit when it gets uncomfortable so you will be able to push through and successfully attain your goals! Presented by Keri Lappi. Keri Lappi is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, an integrative nutrition health coach, and owner and founder of Energetic Wellness Coaching. DATES: Wednesday, March 2, at 7 p.m.; Monday, March 14, at 10 a.m. and Tuesday, March 22, 10 a.m.

**Shine Fitness** *Workout* – This 45-minute exercise class offers a full body workout with cardio and toning routines that feel like a dance party! Shine's original choreography is founded in jazz, ballet, and hip hop. Class is designed to leave you feeling confident, capable, and strong.

**Spring Open House** *Interactive* – Check out the Kirksey Recreation Center. Swimming, rock climbing, workouts, play games, shoot hoops in the gyms.

**ADDITIONAL FEE: Residents-free, Non-Residents-\$3/person** DATE: Sunday, April 24, Noon-4 p.m.

**Steps to a Healthy Lifestyle** *Wellness Seminar* – Healthy living can seem so complicated: eat this, not that, move more, stress less. In this seminar we will break it down to the basics of health and wellness, discuss what healthy is and help you define what healthy means to you. You will leave with ideas for eating healthy, tricks to fitting in fitness, simple strategies for stressing less, workspace wellness ideas and tips to striking a work-life balance. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 1, 9:30 a.m. and Thursday, March 10, 7 p.m.

**Strength and Core** *Workout* – This 45-minute exercise class challenges the whole body. Class contains no choreography. Upper and lower body strength training. Class concludes with core training.

**Sugar Addiction: How to Break It! Nutrition Seminar** – Are you a sugar addict? Have you tried to get away from sugar only to fall back into it? Join Keri Lappi to find practical solutions to adopt into your lifestyle that will help you fight back once and for all! Keri Lappi is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, an integrative nutrition health coach, and owner and founder of Energetic Wellness Coaching. DATES: Monday, Feb. 28, 10 a.m.; Friday, March 18, at 10 a.m.; and Wednesday, March 30, at 7 p.m.

**Tai Chi 101 Workout** – The; slow and graceful movements of this modified Yang style are designed to strengthen the lower extremities, core muscles of the back and abdomen and improve balance which can reduce the likelihood of falling. This style includes various degrees of turning, brief one leg balancing and moving backwards. All levels of fitness are welcome. Classes instructed by Roy Marvel.

**Time To Savor-Food Prep Class Grocery/Interactive** – Experience the convenience of combining pre-prepped ingredients for easy assembly at home.

**ADDITIONAL FEE – A dinner feeding 2-3 will be \$18.99 per dinner, a dinner feeding 4-6 will be \$32.99 each (limit 3 per household).**

DATES: Friday, March 4, 2 p.m. and 5 p.m.; Wednesday, March 9, 5 p.m.; Friday, March 11, 5 p.m.; Saturday, March 12, 10 a.m.; Wednesday, March 16, 4 p.m. and 6 p.m.; Saturday, March 19, 10 a.m. Location: 33483 Seven Mile Road, Livonia.

**Total Body Conditioning Workout** – This 45-minute exercise class is designed to help improve muscular strength and cardio endurance. This class contains no choreography. The class will use a variety of fitness equipment that will challenge your cardio conditioning, upper body, lower body, and core.

**Water Exercise Workout (Leisure Pool)** – Work out in an aquatic environment. All levels of fitness are welcome. The class will be instructed by Kirksey Recreation Center NGA certified personal trainer Ursula Hack.

**Weight Loss Fitness Challenge Weigh-ins** – Weigh in each month, become eligible for monthly raffle prizes provided by Dick's Sporting Goods gift and become eligible for the grand prize: a three-month Single Adult Membership to the Kirksey Recreation Center!

**Weight Loss: No Stone Left Unturned Nutrition Seminar** – Are there things that you might be missing in your weight loss journey that would make losing weight easier and more effective? Come get a sneak peek into truly biohacking weight loss! Join Kerri Lappi to reconnect and be inspired by practical lifestyle tweaks that will go a long way toward helping you to become your best. Keri Lappi is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle*, an integrative nutrition health coach, and owner and founder of Energetic Wellness Coaching. DATES: Friday, March 4, at 10 a.m. and Tuesday, March 15, at 7 p.m.

**Yoga Basics Workout** – This 45-minute class will emphasize classical yoga posture. The participant moves at his/her own pace to develop focus, strength, and flexibility. All levels of fitness are welcome, including beginners. A mat will be provided, or you may bring your own.

**Yoga Flow Workout** – Within this 45-minute class you will flow with yoga poses and breath physical and mental strength through this dynamic practice. All levels of fitness are welcome, including beginners. A mat will be provided, or you may bring your own.

**Zumba Workout** – 45-minute Latin inspired, dance fitness class incorporating Latin/international music and dance movements. The cardio-based dance movements are easy to follow & fun. Non-dancers and new exercisers will thrive in this non-intimidating party like environment.

**'80s Aerobics Workout** – Do you remember aerobics? This 45-minute class will bring it all back! Grapevines, jumping jacks, side shuffle and more will be incorporated within this super fun blast from the past class. Expect some choreography, with low and high intensity options. No weights will be used. All levels of fitness are welcome, including beginners.