

Fitness



Top 4 Reason People Don't Exercise



PAIN

Treat the cause of your pain, so you can increase your ability to exercise comfortably.

FATIGUE

Work with the Nurse Practitioner to help balance sleep, nutrition, & overall wellness to feel less fatigued.

TIME

No time to workout? Use your break to workout. Exercise 5-15 minute intervals a few times a day!

INEXPERIENCED

Exercise classes are available 4 days a week. Need a personal exercise plan? Ask our physical therapist.

If one or more of these reasons is holding you back, [SCHEDULE](#) with the Wellness Center, we can help.

Did You Know?



Titleist Performance Institute: Golf Workshop

Come learn about "The Body Swing Connection." Brought to you by TPI Certified Millennium Wellness Center Staff.

TPI Workshop Coming in May.



Prescription Pick Up Available!

Prescriptions, non-narcotic, can now be delivered to the Millennium Wellness Center for you to pick up.



Travel Prescriptions & Vaccines Available!

Do you have an upcoming trip taking you out of the country? Medications for malaria or travel vaccines can be arranged in the Wellness Center.

Click here to [SCHEDULE](#) with a provider. For any program or scheduling, call Philice at x4200

A Word From Our Affiliate

"Spring" into Sports



Tennis "elbow" aka lateral epicondylitis doesn't just impact tennis players. Many people who have jobs that involve repetitive motions of the wrist and arm experience this pain.

Tips to help decrease pain until you see your therapist:

- Decrease activity
- Ice the area for 15 minutes; always ice through a thin towel
- Schedule a Physical Therapy appointment

[SCHEDULE](#) here with a Therapist or Chiropractor for any musculoskeletal concerns.

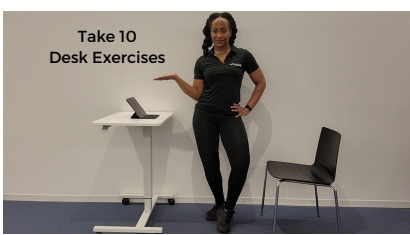
Rehab Corner



Pilates Floor Workout

Break into the benefits of body weight exercises with a core centered Pilates floor workout. All you need is a mat and floor space to improve your core strength with these controlled exercises.

- 5 exercises for 10 reps; Repeat 3 rounds.
- For all levels!
- Click [Pilates](#) and enjoy!



Take 10 Desk Exercises

Make the most of your time in the office! Instead of a coffee break - Take 10 for a 10-minute desk workout.

- 5 exercises for 10 reps; Repeat 3 rounds.
- All levels of experience!
- Click [Take 10](#) and enjoy!