

Fitness

Upcoming Event

Stronger, Faster, Injury-Free Workshop

April 3, 2025 | 5:30 PM – 6:45 PM | MPR Floor -2

We're excited to invite you to an exclusive workshop designed to help you move smarter, perform better and prevent injuries. Whether you're new to exercise or a seasoned athlete, this workshop will offer valuable insights and practical strategies to enhance your performance in running, racquet sports and golf.

Why You Should Attend:

Injury Prevention:

Learn techniques to protect yourself from common injuries specific to your sport.

Performance Enhancement:

Discover how to improve your strength, speed and agility for better results on the field or court.

Expert Insights:

Gain insight from our team of Doctors of Chiropractic and Physical Therapists who will guide you through exercises and stretches designed to prevent injuries and improve your athletic performance.

Whether you're aiming to shave seconds off your mile time, hit the ball farther or prevent recurring aches, this workshop has something for you.

[Click Here to Sign-up Now](#)

Space is limited! Sign up on a first come, first served basis to reserve your spot.

The Mental Benefits of Physical Fitness: Clear Mind, Strong Body

Physical fitness extends far beyond sculpting a strong physique—it's a powerful catalyst for mental well-being. For corporate professionals navigating daily stress, pressure and demanding schedules, an active lifestyle delivers invaluable mental advantages.



How Exercise Transforms Your Mind

When you exercise, your body releases endorphins—natural mood enhancers that effectively combat stress and anxiety. But the benefits don't stop there. Regular physical activity promotes restorative sleep patterns, sharpens focus, and enhances mental clarity—all critical elements for peak professional performance.

Mindful Movement: The Ultimate Integration

Small, intentional fitness breaks can make a big difference in how your body feels and performs. Just a few minutes of mindful movement can be your secret weapon—whether it's taking the stairs, squeezing in a set of squats, or stepping outside for a short walk. These quick bursts of activity, lasting just five or ten minutes, are backed by science and bring lasting health benefits that boost your energy, improve circulation, and reduce stress. Your body will thank you!



Focus on Functional Fitness for the Busy Professional

Functional fitness strengthens muscles for real-life activities like lifting, bending, and walking, improving your ability to perform everyday tasks. In today's corporate world, it seamlessly integrates into your daily routine, enhancing your efficiency both at work and at home.

Why It Matters

Functional exercises enhance mobility, strength and flexibility for daily activities. By strengthening your body correctly, you'll improve posture, range of motion and endurance—keeping you energized and pain-free.

On-Site Functional Fitness Opportunities

Group Exercise Classes: Join our group workout sessions for a motivating and supportive environment. These classes are designed to be accessible yet challenging, offering full-body workouts that focus on functional movements to improve strength, flexibility and stamina.



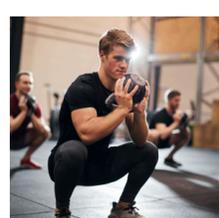
Mondays
H.I.I.T.
High Intensity Interval Training



Tuesdays
Yoga/Bootcamp



Wednesdays
Pilates



Thursdays
Strength

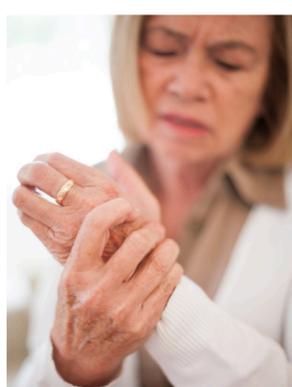
Personal Training: Work one-on-one with our certified trainers to develop a fitness plan tailored to your specific needs. Our trainers will guide you through functional fitness exercises that can improve your mobility, strength and injury prevention.



Scan QR code to inquire today.

A Word from Our HSS Affiliate

Understanding Women's Health: Arthritis and Its Impact



Did you know that arthritis affects women differently than men?

Discover important insights on how arthritis can impact your daily life and learn effective strategies to manage it.

Explore expert advice and helpful tips for staying active and healthy despite the challenges of arthritis.

[Click here to learn more!](#)

Rehab Corner

Spice Up Your Workout: "Forward Lunge with Rotation"

Ready to take your lunges to the next level?

Try the Forward Lunge with Rotation—a dynamic move that not only targets your legs and glutes but also works your core and improves mobility!

Add a twist (literally) to your routine and feel the burn as you step into strength and stability. Want to learn how to do it properly and maximize its benefits?

Click [here](#) to discover this exciting new exercise!

