



**Trainer Workshop
with Hannah Monday**

Staying Healthy Through the Holidays

**Wednesday, November 14th at 11am or
Monday, November 26th at 5pm
1st Floor Conference room**

The holidays are quickly approaching us. This often means busy schedules, time away from home, getting out of our fitness and health “routine”, and lots of food! There is constant temptation to indulge a little more than usual or to skip that morning workout. Research has shown that the average American gains about 1-5 pounds from November to January. This doesn’t seem too alarming, but research also shows that we tend to keep that weight on.

Staying on track and developing healthy habits through the holiday season can be extremely beneficial - not just for a couple of months, but your whole life!

**To register, Please call the Fitness Desk at
(262) 513 - 7214 or email anne.barber@phci.org**