

# The NEW You!



**Join Lindsay from our New Energy Wellness Center for a FREE Exercise Class!**

**When:**

Tuesdays at 9:00am - 9:30 am

**Where:**

Main Dining Room at Monticello Assisted Living & Healthcare

**What:** Chair Exercises and Stability Training- Great for beginner and the experienced exerciser.

**Who:** You- Anyone may participate!

**Cost:** FREE

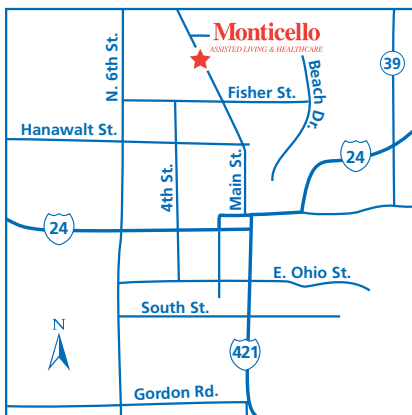
New Energy Wellness offers a unique program designed to improve your current fitness level and give you more energy than you've felt in years. Research based with proven results, this strength building program offers adults ages 50 and older the ability to enjoy more active lives and quite simply, to feel better.

Offered to both residents and the community, the New Energy Wellness Program exposes seniors to a series of exercise programs designed to build balance, vigor, and ability in everyday life.

Our Health Promotions Coordinator is trained in health and fitness and will work with you and your physician to design a low-impact, customized exercise regimen. The Health Promotions Coordinator is available to supervise and assist members at all times while motivating them to achieve their goals. Blood pressure, heart rate, and oxygen saturation levels are monitored before and after each exercise session.

New Energy Wellness is designed to improve posture and balance, and increase gait and walking speed. Reduce falls, edema and fatigue. Make everyday tasks easier, increase stair-climbing power, increase circulation, coordination, muscle mass, bone density, and spontaneous physical activity. Enhance breathing and ability to sit and stand straight. Improve use of hands while enhancing ability to lift, handle and manipulate objects.

When you join the New Energy Wellness Program, you'll have access to Nautilus 2ST equipment. This special equipment is designed specifically with mature adults in mind. Our members appreciate the one-pound increments and hydraulically controlled equipment with quick seat adjustments. The Nautilus 2ST series targets specific muscles and provides a full range of motion for every exercise.



## Monticello ASSISTED LIVING & HEALTHCARE

ASSISTED LIVING APARTMENTS, NEW ENERGY WELLNESS,  
MOVING FORWARD REHABILITATION, AUGUSTE'S  
COTTAGE MEMORY CARE, SKILLED NURSING SERVICES,  
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