

Wellness Lecture Series

The YMCA of Greater Syracuse makes it easy for you to bring current wellness information and/or fitness testing to your organization or any group gathering.

Lecture Series

Choose a topic of interest:

1. Orientation to exercise - what changes you can expect and how soon you can expect them
2. Weight loss - setting reasonable goals
3. Motivating yourself to exercise
4. Changing exercises to fit your needs
5. Walking as cardiorespiratory fitness
6. Building muscular strength for daily activities
7. Exercise for relaxation
8. Exercises to avoid and exercises to modify
9. Choosing shoes and clothes

Lectures are 30 - 45 minutes