



## Community Caring

John and I took a weekend break to head up north and hike the trails in Northern Michigan, got back just in time for the "Shelter in Place" order.



There is an excellent app we used to discover new trails called **All Trails** and found a great new area to explore. It's amazing how many trails are detailed for the entire country. Give it a try when you're ready for a new adventure, just enter a zip code.

## Resources and Sites to Keep Moving!

**For strength and cardio workouts**, Join **Caren Labelle**, our **evening fitness instructor**, for a daily workout on FB Live. Message her on **FaceBook** at **Caren Labelle-Hunt** and join her group!

There are lots of networks on **Facebook** offering live streams. I entered the term *exercise streams* and there are many to choose from.

For other **workout/fitness** routines at every level, check out suggestions here:

<https://www.healthline.com/health/fitness-exercise/at-home-workouts>

**Pilates** Anytime and Erika Quest offer several mat **pilates** workouts:

<https://www.youtube.com/watch?v=icpwGa1u9eA&pbjreload=10>

Another **Pilates** option highly recommended by an Imagine client is [Studio Blue](#)

**For all our yogi's**, remember Bernadette, the **yoga** teacher we had at our open

house last fall? She is offering free online yoga classes. Links below:

<https://www.bernadettesoler.com/blog/yoga-work-break>

### Other yoga options:

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

<https://www.doyogawithme.com/>

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## Imagine has a YouTube Channel! You can find us at

<https://www.youtube.com/channel/UCXhYSgnRYPNzgO3vaiYvXog>

First started by Natalie and Maggie, two great fitness trainers when we first opened, created several short videos for the Imagine Community. **John Farah** is adding a series of stretching exercises to get your day started. Click [here](#) to check out the first stretch video.

Our **Tai Chi** teacher, Diane Evans, provides a series of Tai Chi videos on YouTube too:

<https://www.youtube.com/watch?v=caAeiHCE9Kk&pbjreload=10>

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Stay in touch, stay healthy!

Get in a workout every day for an hour, vary it up and eat mindfully!  
Hopefully we will all be together soon ~ Jackie & John  
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## Hiking a new found trail in Leland



Imagine Fitness and Yoga | [Imaginefitnessandyoga.com](http://Imaginefitnessandyoga.com)

