



COOPER[®] TRACKS

WELL-BEING

AT  SHANNON
HEALTH CLUB

Exercise and Education Programs for Individuals Beginning a Healthy Lifestyle

Exercise and lifestyle modification play an important role in managing our physical and mental health. Beginning an exercise routine can be daunting given physical limitations, safety concerns, and lack of information.

Our program provides the guidance and support needed to help participants begin exercising, increase confidence, and develop habits to live healthier lives.

The program is designed for:

- Individuals transitioning from a sedentary lifestyle to regular physical activity
- Sedentary individuals not diagnosed with chronic disease who want to begin an exercise program



WELL BEING TRACK

- Prevention approach via lifestyle and exercise to improve quality and quantity of life
- Deconditioned or sedentary who lack consistent exercise
- No diagnosed chronic health conditions

PROGRAM DETAILS

- 8 weeks in length
- 2 small group exercise classes/ education sessions per week
- Pre- and post-program health assessments
- Educational content specific to disease process, nutrition and lifestyle modification
- Exercise tracking tools
- Social support and accountability

Start your fitness journey today!

For questions or more information on program cost, call Shannon Health Club at 325-747-2582, email CooperTracks@ShannonHealth.org, or visit ShannonHealthClub.com.