

# EDUCATION & EXERCISE IN YOUR OWN HOME!

While the COVID-19 pandemic has decreased the ability to get out and get healthy, HealthPRO® Heritage is bringing wellness directly to YOU.

Our *HealthyLiving* program is built on the six dimensions of wellness: physical, social, vocational, emotional, intellectual & spiritual.

And we're taking it to the next level...



## INTRODUCING: HealthyLiving On-the-Go

Education and exercise opportunities for you to enjoy in the comfort of your own home, so you can continue physical distancing and stay well.

Our library of wellness materials can be accessed on the following:



Desktop

Go to [www.YouTube.com](http://www.YouTube.com)  
Search: HealthPRO Heritage



Laptop



Tablet

Open the YouTube app  
Search: HealthPRO Heritage



Smartphone

### Topics for Week 1:

- The Best Defense Against Germs
- Laughter is the Best Medicine
- Chair Zumba Exercise Classes

### Topics for Week 2:

- Brain Fitness
- Hydration and You
- Morning Stretch Exercise Classes

With enough interest, we would love to continue! If you enjoy our videos:

- Comment on our YouTube videos
- Go to [healthpro-heritage.com/GO](http://healthpro-heritage.com/GO) and fill out the Feedback Form
- Tell your Executive Director