



ANNANDALE HEALTH & WELLNESS  
CENTER

500 Park St E.  
Annandale MN, 55302

Newsletter Date  
Summer 2022

# Newsletter

## How to begin again?

On March 17, 2020, many establishments including gyms were required to closed their doors due to Covid. With the passing of time we knew that it wouldn't be forever. We all waited to get the go ahead for when and how we could open. Finally there was news in Spring of 2021. With that in mind, the next step was to look at how to reopen facilities in a safe and healthy manner. Eventhough, many workout centers could open in the summer of 2021, we couldn't until certain guidelines were lifted. When they were lifted, we knew we could move forward and get things in order. We first reached out to anyone who had asked to be on our information list as well as prior members. Our Website was updated and the word was out that there was an open date. On March 14, 2022 at 10am, it was official and we had opened our doors to the public. With lots of excitement, many returned, new people joined and many more are still coming.

I asked members as they joined, what they have been doing for activity and exercise during the time we were closed. For some, they found a new appreciation for the outdoors. They did anything from biking, walking, fishing and much more. Some even turned to online classes or joined other places until our doors opened. However, for others they were not as active, stopped working out all together or just felt alone. What they noticed over the time was a decline in health and skills in their everyday functioning. This worried them and they started asking some questions.

What kind of question might they be asking? For example: How do I start working out and get going again? What should I do and don't do? Some asked about classes as that is what they enjoyed doing. All of these questions were important to each person. My First advice recommended was to speak with their healthcare professional to discuss with them the intent to exercise. At that time request direction on what is best for them in regards to personal health conditions. **The American College of Sports Medicine** advises that people who have been inactive take it slow to start. For some 10 minutes of walking might be enough in a day to start. Listen to your body. Start working towards increasing your activity levels. **The American Heart Association** suggests 150 minutes of activity and 2 days of strenghtening per week. It all takes time and with a plan it is achievable. One suggestion is to get a pedometer that will help determine how many steps a person achieves in a day. With that information you can to increase your steps daily or weekly. Before you know it you'll be doing more than before.

Just like it took time and a plan to reopen the Annandale Health & Wellness Center doors to the public. It is the same concept for each person who is wanting to begin again. **ONE STEP AT A TIME!**

Supporting Website:

[https://exercisemedicine.org/assets/page\\_documents/EIM%20Rx%20series\\_Apparently%20Healthy%20Inactive\(3\).pdf](https://exercisemedicine.org/assets/page_documents/EIM%20Rx%20series_Apparently%20Healthy%20Inactive(3).pdf)

**Things to Do:**

**Wellness of Wheels (WOW):**

When: June 16<sup>th</sup> & August 18<sup>th</sup> 2022

Time: 2:00pm-6:00pm

Where: Annandale City Hall

Contact Info & Appointments Call: 763-335-0280

**Information from Annandale Community Education**

**Music in the Park:**

When: June 17<sup>th</sup>, July 15<sup>th</sup> & 29<sup>th</sup>, August 12<sup>th</sup> & 19<sup>th</sup>

Time: 7:00pm

Where: Pleasant Park-Annandale

Cost: FREE

**Open Pickleball (All Ages):**

When: June 7<sup>th</sup> - August 11, 2022 Tuesday/Thursday

Time: 9:00am-12:00pm

Where: Annandale High School Tennis Courts

Cost: FREE (Just Show up) NO REGISTRATION REQUIRED

**Open Tennis (All Ages):**

When: June 7<sup>th</sup> - August 11, 2022 Monday/Wednesday

Time: 9:00am-12:00pm

Where: Annandale High School Tennis Courts

Cost: FREE (Just Show up) NO REGISTRATION REQUIRED

**55+ Mature Diver Discount Program** (4hr Refresher Course)

When: June 14<sup>th</sup> & August 16<sup>th</sup>

Time: 8:30am-12:30pm

Where: River Of Life Church-Annandale

Cost: \$24.00

Registration (Required): Call 320-308-1400 or

[www.driverdiscountprogram.com](http://www.driverdiscountprogram.com)

**Check out their website for more information & other classes being offered:**

<https://www.isd876.org/domain/25>

**Monthly Quotes**

**May:** Today only happens once.... Make it AMAZING!- Michael Ray

**June:** Every day may not be good but there is mostly good in every day.- Alice Morse Earle



**Members' Input**

- The Wellness Center would like to add more classes to our schedule. Please fill out an interest form by the Wellness Center board.
  - Class ideas:
    - Yoga
    - SilverSneakers
      - See list on board.
    - Concentration/Memory games
    - Ball Balance
    - Other Pool Classes
    - Your thoughts
- Vending Machine:
  - As in the past, if there is something you like for us to have in the machine, please let us know and we will see what we can do. Thanks!

**Class Schedule**

**Monday**

Water Exercise (8am), Aerobic Exercise class (9am), Water Exercise (4pm)

**Tuesday**

Silver & Fit Experience (11am), Silver & Fit Explore (2pm)

**Wednesday**

Water Exercise (8am), Aerobic Exercise class (9am), Water Exercise (4pm)

**Thursday**

Silver & Fit Experience (11am), Silver & Fit Explore (2pm)

**Friday**

Water Exercise (8am), Aerobic Exercise class (9am), Water Exercise (4pm)

**Note:** Check Calendar on the Wellness Center Board to verify any changes to the schedule.