



I have come that they may have life, and have it to the full

John 10:10

Wellness: the proactive pursuit of products, services, and activities that make you feel healthier and look better, that slow the effects of aging, and that prevent diseases from developing

10:10 Wellness is not:

- a weight loss or diet program
- a boot camp or group exercise class

10:10 Wellness is:

- an opportunity to come together with others and enjoy fellowship and exercise (walk, run, bike, or kayak) in a spectacular setting
- a grace-oriented approach to fueling, exercising, and resting our bodies

10:10 Wellness meets Saturdays at 8am at the Robinson Preserve

1704 99th St. (NW Bradenton)

contact: Chris Hughes chris@1010wellness.com

cell 941-773-6633

There are only two rules for 10:10 Wellness:

1. You should feel better after your exercise than when you started (i.e., let's not kill ourselves out there)
2. You should have fun

There are several "strong suggestions" I'll offer:

No cell phones or head phones.

Wear a helmet if you're cycling.

Wear a watch as we'll be exercising by time not distance.

Have a back up plan. Ex: if you discover a bike flat, have shoes to walk or run.

Mix it up. Variety is good for the soul!

Invite others. This is an open group with no start or finish dates (other than Bayside's "semesters").

No one will work out alone unless they want to.

Warm up and cool down, stretch afterwards