

# IGOT 2 MARCH INTO BETTER HEALTH ALL MARCH LONG AND WIN GROCERIES!



## IGOT 2 Stretch With Seniors

For a good while now Kim Kelley has been getting up at 8 AM to stretch with IGOT members. She is inviting you to MARCH IN 2 BETTER HEALTH by joining her on Monday – Wednesday – Friday. **This is a seated stretch program** adapted for seniors of all fitness levels as well as those who are confined to chair exercises due to joint and health issues. Stretching can increase your flexibility and increase your range of motion. Stretching helps relieve stress, increase blood flow, helps heal and prevent back pain, calm your mind, and improve your ability to become more physically fit. There will be a drawing each day through March for a \$10 grocery card. Who knows, you could win multiple times. All you must do to be in the daily drawing it to show up at 8 AM and participate using our Zoom platform.

## IGOT 2 WALK



IT IS HER! OUR VERY OWN CAROL KIRBY WHO IS GETTING UP MONDAY THROUGH FRIDAY TO WALK WITH OUR IGOT MEMBERS AT 9 AM. THIS IS AN "IN YOUR HOUSE" WALKING PROGRAM THAT WE PROVIDE TO YOU USING OUR ZOOM PLATFORM. SO, WE WILL BE LOOKING FOR YOU TO LOG ON TO IGOT 2 WALK. THIS MONTH. IF YOU ARE UNABLE TO STAND, YOU GET TO SIT AND WALK. IF YOU ARE IN A HOSPITAL BED, YOU GET TO WALK USING YOUR ARMS. WE JUST WANT YOU MOVING TO YOUR VERY BEST ABILITY. EVERYONE WHO PARTICIPATES WILL GO INTO A DRAWING "THAT DAY" TO WIN A \$10 GROCERY CARD. IF YOUR NAME IS DRAWN EVERY DAY, YOU WIN \$50 THAT WEEK. IT'S A WIN - WIN OPPORTUNITY BECAUSE EVEN IF YOU DON'T WIN A GROCERY CARD, YOU WIN A CHANCE FOR BETTER HEALTH. SEE YOU AT 9 AM MONDAY THROUGH FRIDAY BEGINNING MARCH 1<sup>ST</sup>.