

DEDHAM HEALTH & Athletic Complex

3/20/20

Dear Member

With so much doom and gloom going around we thought you could use a little good news. For so many of us, exercise plays a vital part of our physical, mental and emotional well-being. Now more than ever it's imperative that we do everything we can to stay active and healthy. With this in mind Dedham Health is creating a library of exercise videos for you to utilize in the comfort of your home.

The three key components to any balanced workout routine are: Resistance Training, Cardio, and Stretching

Attached to this email is a link that you can click on. This link will bring you to a registration page which will give you access to three "Dedham Health At Home" workout videos for you to utilize and enjoy. All three components are addressed in these videos, and the videos are designed to accommodate almost all levels. In the days and weeks to come we will be providing you with many more video designed to accommodate all interests and fitness levels. For your convenience you can contact our expert exercise physiologist at Dedhamhealthathome@dedhamhealth.com with any fitness questions that you may have. We will be happy to answer them.

<https://dedhamhealthfitness.com/dedham-health-at-home/>

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