

**Physical Activity Demonstrations and Information**  
**Auditorium A/C**

**7:30 – 11:15**

7:30-8:15	<b>Sit &amp; Fit</b> Different chair exercises to help with physical fitness.	<b>Lisa Sistrunk</b> Head Instructor, PARDS Denham Springs Parks & Recreation
8:15-9:00	<b>Workout with Stretch Bands</b> Exercises using resistance bands.	<b>Fitness Center</b> <b>Pennington Biomedical Research Center</b>
9:00-9:45	<b>Working with Weights</b> How to properly use weights in your workout and how much weight to use.	<b>Fitness Center</b> <b>Pennington Biomedical Research Center</b>
9:45-10:30	<b>Fitness at Home and Work</b> Ideas for 5-10 minute sets of exercise routines 'circuits' at home or work.	<b>Melissa Lupo</b> <b>Pennington Biomedical Research Center</b>
10:30-11:15	<b>Yoga Demonstration</b> Achieve greater strength, flexibility and alignment with gentle, restorative poses while focusing on a steady breath to connect mind and body.	<b>Ashley Newman</b>