

## Wellness Program



At SBS we believe physical health is tantamount to mental health. Physical exercise and healthy eating are important components of a healthy, balanced mind and lifestyle. This philosophy is an integral component of all programming. We encourage and foster an environment of healthy lifestyle choices on outings, in our dinner program, and in individual goal planning.

### **The wellness program includes:**

- Membership to a local gym/sports club
- Structured workouts with SBS Staff
- Healthy community lunches on Sundays
- The establishment and weekly review of healthy lifestyle goals
- Participation in team activities such as road races, charity walks and group sports
- Monthly special meetings with instruction on many topics including nutrition, yoga, fitness fundamentals, Zumba and others.