

# COHO Fitness Center NEWSLETTER

## JUNE

### FRESH START

HOURS OF  
OPERATION:  
M-F: 6AM - 6PM

#### CONTACT THE TEAM:

cohofitness@teamcfw.com  
202-482-0437

#### PAGE 1:

- x Snack Facts!
- x June Programs
- x Movement of the Month!

#### PAGES 2-7

- x Group Exercise Schedule
- x Healthy Snacking Tips!
- x Meet Your Team!
- x MOM: Clamshells!
- x June Program Flyers

### Healthy Snacking Tips! (see pg. 4) *Some Snack Facts to chew on!*

- About a quarter of Americans surveyed said they snacked multiple times a day, and one-third snacked at least once daily.
- Forty percent of Americans said they at least occasionally replaced meals by snacking.
- In children, snacking makes up about 27% of their daily calorie intake.

### June Programs!

Program Descriptions:

- **Follow the Blazes:** Travel one mile on the Appalachian Trail for each minute of any physical activity you perform!
- **Healthy at Home:** Weekly challenges and workouts sent to your email to help build better habits at home!
- Check out pages 6 and 7 for more details!

### Movement of the Month (MOM):

#### Clamshells! (see pg. 6)

Check out page 6 to learn more about the purpose of the clamshell and how to perform such an essential exercise!



# Group Exercise Schedule

## MON

**Functional Flexibility**

w/ Jacob

7:30 - 8:00 am

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**Yoga**

(FOD)\*

4:30 pm - 5:00 pm

## TUE

**Foam Roll 411**

w/ Menna

10:30 - 11:00 am

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**Body and Balance**

w/ Jacob

12:00 - 12:30 pm

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**Yoga**

(FOD)\*

4:30 pm - 5:00 pm

## WED

**Core Stability**

w/ Menna

7:30 - 8:00 am

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**High-Intensity Interval Training**

w/ Jacob

12:00 - 12:30 pm

## THU

**Tabata Training**

w/ Jacob

12:00 - 12:30 pm

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**Foam Roll 411**

w/ Menna

12:30 - 1:00 pm

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**Core Stability**

w/ Menna

5:00 - 5:30 pm

## FRI

**Yoga**

(FOD)

11:00 - 11:30 am

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**Functional Flexibility**

w/ Jacob

12:00 - 12:30 pm

*Register for classes in advance by emailing us at [Cohofitness@teamcfw.com](mailto:Cohofitness@teamcfw.com)!  
\*(FOD) - Fitness on Demand*

# 10 Healthy Snacking tips

- Plan ahead and set a schedule so you have no excuses
- Drink water
- Pair healthy foods such as veggies and dip or trail mix
- Buy fresh fruits, cheese, and vegetables
- Snack on protein rich foods like nuts, hard boiled eggs, cheese or yogurt
- Remember snacks are not meals so portion, portion, portion!
- Replace sweets like chocolate bars to frozen yogurt bars
- Make smoothies to drink on the go
- Remember snacking can be fun



# Meet your Team



**Menna Girma**  
*Health Fitness Program Manager*  
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**Jacob White**  
*Health Fitness Specialist*  
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# JUNE

Movement of the Month

## THE CLAMSHELL



## Clamshells!

### Purpose of the clamshell exercise:

- To strengthen the gluteus medius muscle (outside of the hips) and increase pelvic stability.

### How To perform the clamshell:

- Lay on your side with knees bent and feet, knees and hips stacked on top of each other.
- Keeping the point of contact at the feet, pull your knees apart into a clamshell position.
- Repeat for 2 x 10-15 repetitions on each side.

# Healthy at Home



June 12 - July 7



LOOKING FOR WAYS TO STAY  
HEALTHY AND ACTIVE AT HOME?

JOIN THIS PROGRAM!

Complete weekly challenges, workouts, and chances for bonus points throughout the month! This program is designed to assist you in forming healthy habits at home, including stress management and some self-love!

Email [Cohofitness@teamcfw.com](mailto:Cohofitness@teamcfw.com)  
by June 9 to register.

Follow the

# BLAZES

VIRTUAL THRU-HIKE THE  
APPALACHIAN TRAIL  
FROM YOUR HOME

**June 5 - July 5**

TRAVEL ONE MILE ON THE APPALACHIAN  
TRAIL FOR EACH MINUTE OF ANY  
PHYSICAL ACTIVITY YOU PERFORM.

TO REGISTER, EMAIL THE FITNESS  
CENTER AT [COHOFITNESS@TEAMCFW.COM](mailto:COHOFITNESS@TEAMCFW.COM)

