

The Fitness Break October Newsletter – to read the articles in full - email thefitnessbreakstudio@gmail.com

Fall Session is beautiful and challengingly fun! It takes us back to memories from our past. I have been doing Dance Aerobics since 1979!! It's a routine I have continued ever since even with three children who all came after 1979. Start your day with a set routine and continue with a routine for the week and the week after. Routines are effective because they reduce decision fatigue. Check the schedule and reserve a class as part of your routine. Join us and dance your favorites in a Jacki Sorensen Dance Fitness, LaBlast Dance Fitness or Essentrics Stretch class at this link: <https://thefitnessbreak.punchpass.com>. Each class has stretching, strength training, core work, cardio and brain training! There are live streamed classes on Zoom and playback class videos. Purchase a Pass at this link: <https://thefitnessbreak.punchpass.com/passes>. If you have questions about classes, the schedule, navigating The Fitness Break Punchpass website, or want to join us for lunch, email me at TheFitnessBreakStudio@gmail.com. Text or phone: [561-318-1119](tel:561-318-1119). Best in fitness & health, Marilyn Always together, never apart, maybe in distance, but never in heart.



[Everyday Habits That Support a Healthy Immune System](#)

As the seasons change, conversations about staying healthy become more common. Cooler temperatures, children returning to school, and spending more time indoors



[Comfort Food Can Be Part of Healthy Eating](#)

As the weather turns cooler, many of us naturally begin craving the foods that remind us of home. A warm bowl of soup after a chilly walk, homemade chili on a football Sunday



[The Health Benefits of Spending Time Outdoors](#)

There's something special about being outside in the fall. Crisp mornings, colorful leaves, and cooler temperatures



[Why Rest Is a Wellness Habit](#)

In today's busy world, productivity is often celebrated while rest is viewed as something to earn. Many people wear packed schedules



[Healthy Habits That Carry You Into the Holidays](#)

As October comes to a close, many people begin thinking about the holiday season ahead. Family gatherings, travel, parties, and busy schedules



[Presenter Spotlight: Len Kravitz on the Power of Small Steps](#)

Long before Len Kravitz, PhD, became a professor of exercise science at the University of New Mexico, his career began where many fitness professionals find their calling
