

BOUNDLESS

Wellness Within Reach

A Healthy Dose of Inspiration from the McLean Wellness Team

McLean

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Wellness News

The summer heat is rising – now is the perfect time to focus on hydration.

Having a well-hydrated body is essential for your health and wellbeing. Our bodies are made up mostly of water, and our vital systems require a balance between water and electrolytes to function. Hydration helps the body with essential functions such as maintaining temperature, improving brain performance, improving digestion, and lubricating the joints.

Drinking plenty of water is crucial in maintaining hydration; however, water is not the only way to boost hydration. Here are some hydrating solutions to consider incorporating into your day.

- **Drink water-based beverages with each meal.** Drinks like skim milk, fruit juice, and decaffeinated teas are all good choices.
- **Consume fluids before feeling thirsty.** By the time you feel thirsty your body is already dehydrated. Sipping on fluids throughout the day will help you maintain a level of hydration in your body to avoid the emergency thirst trigger.
- **Water can get boring.** Try infusing your water with fresh fruit or citrus to give your palate a little variety and make you want to drink more.
- **Choose foods with high water content to help give the body a boost.** Foods such as bone broths, celery, tomatoes, and melons can be very hydrating.
- **Take a water bottle with you everywhere.** Whether you're exercising, enjoying a recreational activity, or just running errands, having access to hydration when you are on the go will help you remember to drink!
- **Add in a low-sugar sports drink.** Electrolyte drinks that are low in sugar can be a great addition to your routine. They provide essential minerals that our bodies need to maintain hydration. Just check the labels and make sure they don't have added sugars and artificial ingredients.

WHAT'S HAPPENING

Have you checked in with your wellness lately?

Boundless Wellness offers several programs and services to meet your fitness and wellness goals, including:

- **Fitness classes**
- **Cardio gym equipment**
- **HUR strength training**
- **Open gym training**
- **Access to massage and facials**
- **Biometric screening**
- **Wellness coaching**
- **Personal training**
- **...and more!**

For more information and to schedule your initial appointment, call (860) 658-3750.

Nourish Your Soul



Looking for a refreshing, hydrating treat? Try making a watermelon salad. Simply cube watermelon, sprinkle with a tiny bit of sea salt, and garnish with fresh mint. It's both hydrating and delicious!

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BOUNDLESS

Wellness Fitness Classes

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Muscle Toning 9 a.m.	Muscle Toning 10 a.m.	Muscle Toning 9 a.m.	Muscle Toning 10 a.m.	Stride Right 10 a.m.
Mindful Chi* 10 a.m.	Yoga 11 a.m.	Mindful Chi 10 a.m.	Yoga 1 p.m.	
	Fit Beats 1 p.m.		Classes held in the Exercise Center *Held in the Performing Arts Center	



Mindful Chi is a fusion of Chi gong and Tai chi using modified forms in a slow and flowing sequence to improve balance. This class is performed in both seated and standing positions.

Mondays and Wednesdays 10:00 a.m., Performing Arts Center on Mondays & Exercise Center on Wednesdays

Fit Beats Cardio Drumming is a fun and lively class using large exercise balls as drums. Under the guidance of the instructor, follow along to the music using upbeat choreography that will challenge both the body and the mind. **Tuesdays 1:00 p.m., Exercise Center**

Muscle Toning Move to music through a variety of seated and standing exercises using weights and resistance tubing, designed to increase overall strength and range of motion.

Mondays and Wednesdays 9:00 a.m., Tuesdays and Thursdays 10:00 a.m., Exercise Center

Yoga for Strength This multi-level yoga class can be performed from the chair or the mat. Use postures that specifically engage the core and balance systems to improve strength, body, and breath awareness.

Tuesdays 11:00 a.m. and Thursdays 1:00 p.m., Exercise Center

Stride Right Put some spring back in your step! Learn proper techniques for stretching and walking. This 30-minute class focuses improving posture and stride quality to help you get the most out of you walking workouts. Class will be held indoors or outdoors weather permitting. Participants will meet at the exercise center at 10am for a brief stretch before departing. **Fridays 10:00 a.m., Exercise Center**