



Ashley High School

Wellness Newsletter

November 2017

Welcome to the 2017-2018 Ashley High School Wellness Newsletter. Here we will highlight the upcoming events and important information from the committee. Please feel free to provide any feedback so that we can provide you with the best information.

Important Dates and Activities

November Without Limits will offer Ashley Employees 1 free introductory workout for one of their group practices.

- Go to www.iamwithoutlimits.com for information on their schedule
- Go to Locations and click on Wilmington/Leland. At the bottom of the page will be a calendar of their practices. Beginner runners should look for Level 1 practices. *Email Annette Clifford at annette@iamwithoutlimits.com to schedule what practice you would like to attend. She can answer any questions that you may have.*

Fitness Tip of the Month

- Frequency of workouts is one of the keys to obtaining results. Every workout does not have to be intense. Be sure to make time for frequent forms of exercise and do not be afraid to be creative with what you are doing.
- It is more fun with friends. Find or make a group that can get out and get moving. It makes a huge motivation difference when you have someone to help hold you accountable.
- Make it fun!



Groups and Workout Opportunities

F3- Is an all male workout group that meets here at Veterans park. It is mainly a bootcamp style workout. It is free of charge and workout at your own risk. All fitness levels are welcome and encouraged to attend.

- They meet at the large flag pole located between the soccer field and baseball fields toward the entrance of the complex.

- <https://f3capefear.com>

FIA- Is an all female workout group. It is mainly a bootcamp style workout. It is free of charge and workout at your own risk. All fitness levels are welcome and encouraged to attend.

- They have various locations, Times, and days.

- <http://fianation.com/nc-workouts/cape-fear-schedule/>

Links and Helpful Resources

<http://www.mapmyrun.com/>

This website is an app that tracks your runs, walks, and bike. It collects data and information important for your workout.

Featured Recipe



Cucumber, Tomato, and Avacado Salad

Survey Results and Information

There were 50 responses from the staff with a wide range of answers and information that was collected. Here is a brief overview of what we learned.

- The biggest health concern with the staff is to exercise more.
- The health topic that interests the staff the most is Nutrition.
- Power Walking, Yoga, and Weightlifting are the top 3 fitness activities among the staff.

This information was a great gauge for interest in moving forward. Thank you for your submission.