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|----------------------|-------------------------|
| Supported Employment | Summer Youth (OOD)      |
| Transportation       | Vocational Habilitation |
| Adult Day Services   | Career Planning         |
| Summer Programs      | Manufactured Signs      |

## Our Fitness Partners

Health and Harmony  
YMCA

Phone: 419-626-1048  
Fax: 419-621-1780  
E-mail: [pheim@ability-works.com](mailto:pheim@ability-works.com)

Let's Get Fit!



\$150 (one week)



# July 24 - 28, 2017

Ability Works

Drop off 8:45am Pick up 2:00 pm

## During “Get Fit!” Camp you will:

- Learn many ways to become healthier
- Learn about places to get fit in our community.
- Learn how to “get fit” on a budget
- Form relationships with others who are “getting fit!”
- Hopefully shed a couple pounds and feel better.



Yoga, Tai Chi, Weight Lifting, Meditation, Walking, Jogging



- *Please bring a packed lunch and water.*
- *Wear comfortable clothing to move freely in.*
- *Wear Sturdy footwear.*
- *Please be prompt with drop off*

## 10 Reasons Why Exercise Makes You Better at Your Job!

1. Makes you determined
  2. Reduces stress
  3. Makes you a better team player
  4. Makes you more accepting of failure
  5. Makes you more responsible
  6. Gets your creative juices flowing
  7. Replaces your morning coffee
  8. Makes you a good listener/teaches self discipline
  9. Gives you time to reflect
  10. Lets you meet potential partners or customers.
- <https://www.wamda.com/2013/07/10-reasons-why-exercise>**