



Participants will be asked to fill out a variety of questionnaires. The questionnaires are as follows:

- ***Confidence***
- ***Decisional Balance***
- ***Social Support for Physical Activity***
- ***Outcome Expectations for Exercise***
- ***Physical Activity***
- ***Enjoyment Scale***



SPINNING OUR WHEELS

HEALTHY BEHAVIOR PROGRAM



218-546-2616

What is the Program About?

The Spinning Our Wheels/Healthy Behavior intervention Program is a 12 week pilot program to help individuals change their behavior and replace a sedentary lifestyle with an active one. CRMC's clinicians will refer patients to this program.

The multi-generational spin bike program is for adults and youth whose physician recommends low impact and/or cardio exercise.

This indoor group cycling class will benefit people of all ages and fitness levels. Spinning is a low impact cardio exercise that is easier on joints than many forms of cardio.

This program accommodates beginners, people with injuries, young and old in a single room because the participants are in control of the intensity level of the exercise.

The Hallett Center instructor will guide participants through the workout, but the participants will decide how much resistance to add, how fast to pedal, and how hard to work.

The instructor will encourage students to listen to their bodies, monitor how they're feeling, and to go easier or harder. The instructor will also create a positive, high-energy atmosphere that motivates participants to push themselves and make themselves feel good about working out. It makes the whole workout experience more fun, and helps them feel connected with the people around them.

Students do not need pre-developed skills or coordination in order to successfully participate in a spin class.

Class size is limited to eight people, and participants must be at least 5'2" tall and weigh no more than 300lbs.

Spinning Our Wheels

HEALTHY BEHAVIOR PROGRAM



12 Week Program starts
January 20, 2014

Ends April 9, 2014

Mondays & Wednesdays

3:30 p.m. to 4:15 p.m.

*Time can be adjusted to meet
participants needs*