

December Merry Christmas!

NeuroFit News

We wish all of you a very Merry Christmas and a Happy and Healthy New Year!
Love, Amy, Colleen, Susan, Olivia, Erin, Annie, Sophie

Congratulations to Jeanette Holderman and Doug Edwards for winning the surprise prize from the November NeuroFit News! If you complete the word game in this newsletter, your name will be entered into a drawing for a surprise prize!! Bring the completed word search to Amy or Colleen to get your name in the drawing!

Due date is December 22nd!

ATTENTION: The gym will be closed from Monday, December 25th to Monday, January 1 for Christmas break! Tuesday, January 2nd is undecided! Stay tuned!

Thankful for our December Birthdays!

12/5 Kathleen McCurry
12/6 Doug Edwards
12/10 Karen Gardner
12/12 Pam Heidorn
12/16 Steve Wegman
12/19 Paul Ose
12/22 Nick Craft
12/27 Jeanie Brewer
12/28 Justin Oehler
12/30 Mike Land



Info from Wikipedia!



FYI: Chat GPT stands for **Chat Generative Pre-trained Transformer**. It is a [chatbot](#) developed by [OpenAI](#) and launched on November 30, 2022. Based on a [large language model](#), it enables users to refine and steer a conversation towards a desired length, format, style, level of detail, and language. Successive prompts and replies, known as [prompt engineering](#), are considered at each conversation stage as a context.^[2]

Name: _____

Date: _____



Giant Christmas Word Search



b g y p y r u d o l p h s c f u l w a r r u o r z
 f d z f v b z l q x j k l t u r k e y l y h f e s
 s s l j j c o w q n n j e j g a r l a n d a f i l
 a n w o o v a p p r e c i a t i o n m p w i d n e
 l o t y l s a m c f s p e s t o c k i n g s g d i
 f w g t l y c h a v c h e g g n o g k a e d i e g
 a d w t y u v g e l i d o i k p h b z s d f f e h
 m w o c o w l k t i n s e l e n s c b m u y t r v
 i s v r h y k w b n s q v h l p x s a g q c s s j
 l n l o t r s j c t s h s w r y q k f r e e n f i
 y o v s t k i q w r q q d a i w y t u e o z b t n
 z w a n u r k s g e l d x u n q m i f l c l y r g
 q f e o w i p x t e a n f x s t k n y g z i s a l
 x l b w g o r n a m e n t s w x a u g a k q c d e
 u a v m q c q n b o a j h a l c g t y t r l z i b
 j k b a v k c i e j f s s b l a y c s h u i z t e
 d e c n t x a p v l p w d q z u l r k e a g i i l
 t b h h t g y a s o f d d f c e v a k r b h p o l
 c f w l e t h a n k f u l k f a w c n i d t r n s
 c d o h j e z r h s v c t r g u j k q n f s c s v
 u r v d e z r o m q q p u m u d x e w g y z i x g
 n o r t h p o l e e j s d f s n a r s v b k q a n
 k g s o b n q w x j x d g r a t i t u d e w v s a
 t r e e s k i r t j f r o s t y d t e h i p q g d
 s i p m i s t l e t o e d y r m b w o e g b q g j

Find these **Christmas** words.

- | | | | |
|------------|-----------|--------------|--------------|
| North Pole | Santa | ornaments | nutcracker |
| family | reindeer | tree skirt | mistletoe |
| joy | toys | jingle bells | traditions |
| tinsel | snowflake | eggnog | gathering |
| thankful | Frosty | gratitude | appreciation |
| garland | holly | carols | christmas |
| snow | lights | sleigh | Rudolph |
| turkey | stockings | snowman | tree |
| cheer | jolly | gifts | elf |



(The words may be hidden vertically, horizontally or diagonally.)

Need NeuroFit Gym Swag for Christmas?
Visit this link!

<https://promotionsetc.commonsku.com/shop/d037786b-d6d0-4bb1-98ad-70c9c3eda73d>



THE SCOOP

As you reflect upon your year-end giving,
please consider NeuroFit as a recipient.
We are a non-profit, 501(c)3 organization.



Once again, we are fortunate to have a group of Badin seniors who are completing their senior service project with NeuroFit! Sam, Zach, Jed, and Jacob are planning a Grandparent Breakfast for our members. Blessed with nieces, nephews, and friends instead of grandkids? Bring them! Everyone is welcome. If you would like to contribute to their GoFundMe to raise money for this event, follow this link. Thank you for your support!



[https://www.gofundme.com/f/grandparent-breakfast-at-neurofit-gym?
utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf%20share-
flow-1&fbclid=IwAR3ugvMOB21CigXRPPW9QDaKhNk1pf03DQFN5R1Zlpr-dEMJQtJdSwSXVbY](https://www.gofundme.com/f/grandparent-breakfast-at-neurofit-gym?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf%20share-flow-1&fbclid=IwAR3ugvMOB21CigXRPPW9QDaKhNk1pf03DQFN5R1Zlpr-dEMJQtJdSwSXVbY)

Tentative dates for this breakfast are 1/27 or 2/3.

Stay tuned, but please keep these dates in mind!

We will most likely have a sign up so we know how many to expect!



PD Support Groups

Community and gym PD support group meeting Monday, December 18th, 6:30 PM.
No NeuroFit support group meeting this month!

COFFEE CREW

Interested in current topics, socialization, sports, just having a conversation? Do you like coffee... or maybe coffee cake or donuts?? NeuroFit would like to start a Coffee Crew once a month where anyone is welcome to gather at the gym to converse and discuss, well, just about anything! Stay tuned as this is in the works. Suggestions? Let us know!

NeuroFit Gym Neuro Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM	Web: www.theneurofitgym.com						
9:30 AM	Email: info@theneurofitgym.com						
10:00 AM	Address: 4155 Tonya Trail, Hamilton, OH 45011						
10:30 AM							
11:00 AM			Cog-Cardio		NeuroBox		
11:30 AM		Cardio Row (sign up)	11:00-12:00	Cardio Row (sign up)	11:00-12:00		
12:00 PM	NFB for PD	Strength & Balance	NFB for PD	Strength Advanced 12:00-12:30	NFB for PD		Indicates class is open to neuro clients and community members
12:30 PM	12:00-1:00	12:00-1:00	12:00-1:00	Chair Yoga 12:30-1:00	12:00-1:00		
1:00 PM							
1:15 PM	DTD for PD		DTD for PD				For Neuro classes: please call for an assessment prior to attending a class: Amy (513-543-3188) Colleen (513-207-0104) <i>We will talk or meet with you to discuss your needs and goals, so that we know how to best help you and your care partner</i>
1:30 PM	1:15-2:15		1:15-2:15				
2:00 PM							
2:15 PM							
2:30 PM							
3:00 PM							
3:30 PM							Facebook: @theneurofitgym
4:00 PM							Instagram: @theneurofitgym
4:30 PM							
5:00 PM							
5:15 PM			Neuro Bootcamp Advanced	Neuro Strength Advanced		Class Prices:	Individual Sessions:
5:30 PM		BOYO	5:15 - 6:15	5:15 - 6:15		30 minute class \$5	\$35.00 / hour
6:00 PM		5:30-6:30ish				60 minute class \$10	10 sessions for \$300.00
6:30 PM						90 minute class \$15	

NFB: NeuroFit Boxing for PD Consists of group non-contact boxing designed specifically for people with Parkinson’s Disease. Each class focuses on increasing strength, endurance, balance, fine motor skills, and power.

DTD: Delay the Disease for PD A fitness program designed to empower people with PD to take control of the disease with daily exercise. Exercises are tailored to each individual and every class includes strengthening, cardio, and brain work.

Cardio Row A 30 minute cardio workout targeting arms, legs, core, and back for a full body workout. Rowing is a low-impact exercise and will help to improve your endurance and strengthen your postural muscles. NOTE: sign up is necessary for this class

Strength / Balance Strengthening exercises to target the major muscle groups for overall improved endurance and posture. This class utilizes weights and bands and emphasizes proper form and safety. Exercises and balance activities are modified for all levels.

Neuro Cog-Cardio This class is for individuals with dementia, memory issues, or any neurological disorder. Short bursts of cardiovascular exercises are combined with cognitive exercises such as matching, sequencing, following directions, memory recall, and more.

Neuro Bootcamp & Strength (Advanced) Classes consist of exercises with weights and kettle bells targeting the major muscle groups, followed by stretching to improve flexibility and range of motion. Bootcamp includes 30 minutes (8 rounds) of higher intensity boxing. Participants must be independent with sit to stand, walking, and floor transfers

Strength Advanced Strengthening exercises to target the major muscle groups for overall improved endurance and posture. This class utilizes weights and bands and emphasizes proper form and safety. Participants must be independent with sit to stand, walking, and floor transfers.

Chair Yoga A gentle yoga class performed seated in a chair and with the use of a chair for balance during standing postures. Yoga allows for gentle stretching during the asanas, which improves range of motion and flexibility. This class also focuses on breathing techniques, meditation, and mindfulness to calm the nervous system.

NeuroBoxing Open to any neuro diagnosis. Class consists of cardio warm up on machines followed by 8 rounds of non-contact boxing. Class ends with gentle stretching and cool-down.

BOYO Open to community and gym members who are looking for an advanced workout. Class consists of 8 rounds of boxing followed by 30ish minutes of yoga. The perfect combination!