

NOVEMBER HAPPY THANKSGIVING!

NeuroFit News

This Thanksgiving, the therapists and trainers at NeuroFit are grateful for you and your families. Thank you for being part of the NeuroFit community. Please continue to let us know how we can help you! Enjoy the Thanksgiving Holiday with your families and friends!

Love, Amy, Colleen, Susan, Olivia, Erin, Annie, Sophie

Congratulations to Denise Rieman for winning the surprise prize from 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 November 30th. You won't want to miss out on this next prize! It's extra sweet!

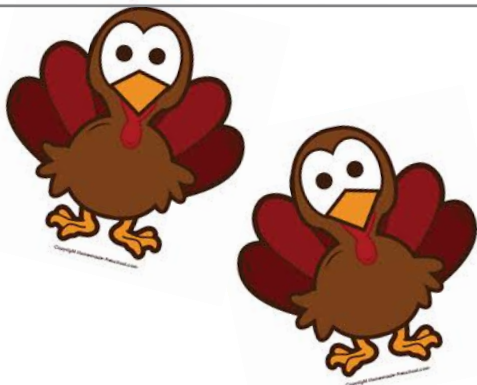
ATTENTION: The gym will be closed from Monday, November 20th to Friday, November 24th for Thanksgiving break!

Thankful for our November Birthdays!

Paul Gerwin 11/3
Emmalee Smith 11/6
Laurie Hyatt 11/9
Joyce Tramonte 11/10
Becky Farrell 11/11
Dave Spicer 11/17
Cindy Wallace 11/21

Very Special Happy Birthday to our favorite OT, PT, and OT student!

Olivia 10/18
Amy 10/25
Sophie 10/27



THE SCOOP



The topic for this meeting is focused on Brain Health and Memory Improvement. Lifestyle factors related to brain health and strategies for improving memory will be discussed. There will also be some conversation on the relational aspects of neurodegenerative disorders.

If you were at the presentation in September and/or October and received a black folder for handouts, please bring them with you on Wednesday! We will have coffee and donuts again!



Big Congratulations to Annie, a personal trainer at NeuroFit... she recently got married to Mr. Brandon Jones! Annie currently teaches 3 strength classes a week (Tuesday and Thursday 12-12:30 PM and Thursday at 5:15 PM). She also assists with rowing and balance classes. If you see her at the gym, please introduce yourself and offer her a heartfelt Congratulations as they begin their new life together!

Interested in some personal training to gain strength, endurance, and/or flexibility? Annie is able to schedule personal training sessions for any client who would like to improve their well-being!

Part 3 of our 3-Part Cognitive Series is Wednesday, November 8th

Note: This seminar will take the place of our regularly scheduled Cog-Cardio Class

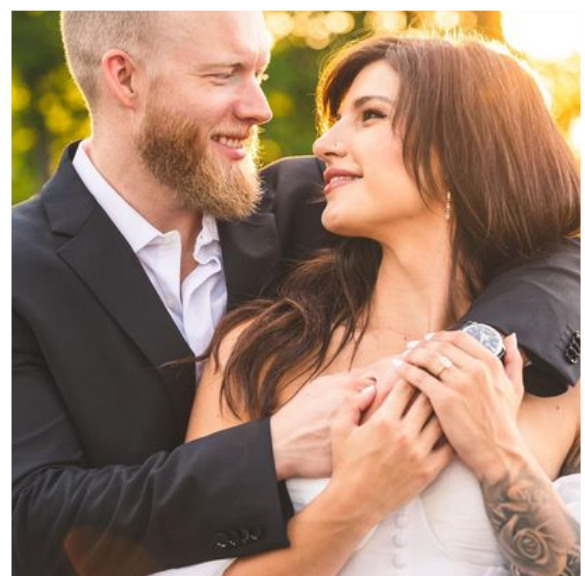


Cognitive and Behavioral Wellness with PATH Neuropsychology



Wednesdays this Fall:
September 13
October 11
November 8
10:30 to 11:45 AM

We are pleased to announce Drs. Audrey Greene and Shawna Jacob, board-certified clinical neuropsychologists, will be offering a wellness program at NeuroFit Gym. Dr. Greene and Dr. Jacob specialize in evaluation and treatment of cognitive and behavioral concerns related to aging, dementia, medical conditions, ADHD, brain injury, and more. They will be offering this complimentary 3-part series at the gym. Please let us know if you would like to attend!



Did someone say... **Christmas Party?**

We want to celebrate our members and their families!

Pictures with
Santa!

Food!

NeuroFit Christmas Party

Sunday December 3rd

1:00 PM to 4:00 PM

Santa 1:30 to 3:30 PM

We will host a few vendors for your first Christmas gifts or last minute shopping! Santa, lunch, crafts for kids, and good friends and conversation.

Need NeuroFit Gym Swag for Christmas?

Visit this link!

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

PD support groups:

Thursday, November 16th 6:30 to 8:00 PM. Gym member support group open to gym members and their care partners.

Monday, November 20th 6:30 to 7:45 PM. Open to gym members, care partners, and community members with Parkinson's Disease.

Once again, we are blessed 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?>



Feeling Grateful

Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

- ANIMALS
- BED
- BIRTHDAY
- BOOKS
- CARS
- CHALLENGES
- DAD
- EARTH
- FAMILY
- FLOWERS
- GRANDPARENTS
- HEALTH
- HEARING
- HEART
- HOME
- ICE CREAM
- JOKES
- LAUGHTER
- LUNGS
- MOM
- MOON
- MUSIC
- NATURE
- OXYGEN
- POPCORN

L	E	R	D	I	D	N	V	I	K	B	S	T	E	A	C	H	E	R
X	Q	I	A	C	C	D	V	G	P	S	R	E	W	O	L	F	V	S
T	Q	Q	D	E	S	J	Q	E	S	L	A	O	R	G	U	Q	T	Z
A	R	Y	G	C	R	B	G	T	Z	T	C	O	J	U	Z	C	E	C
S	T	N	E	R	A	P	D	N	A	R	G	X	N	H	T	S	F	M
T	W	M	A	E	T	J	N	N	E	I	S	Y	P	Z	R	A	K	S
E	O	A	R	A	S	M	I	O	A	D	I	G	W	G	Y	A	N	E
H	B	S	T	M	X	M	C	T	O	I	V	E	A	N	Q	O	I	G
C	S	I	H	Z	A	B	Z	V	R	M	K	N	N	I	V	B	L	N
U	B	Z	Z	L	Z	N	O	I	T	A	C	A	V	D	Q	O	H	E
O	H	P	S	U	N	S	H	I	N	E	E	Y	N	A	L	Q	H	L
T	G	O	F	B	I	R	T	H	D	A	Y	H	X	E	K	T	U	L
D	E	P	Q	C	P	X	P	T	Y	K	H	E	A	R	I	N	G	A
X	X	C	T	H	G	I	S	L	F	A	M	I	L	Y	G	B	F	H
S	K	O	O	B	W	C	M	A	E	H	Z	U	G	S	V	B	E	C
X	F	R	Q	V	H	U	V	E	I	G	H	J	R	D	M	Q	U	D
D	G	N	S	O	S	I	N	H	V	T	M	S	F	S	E	O	H	S
S	Z	E	O	I	L	L	E	M	S	E	K	O	J	F	I	J	M	B
Z	Z	L	C	L	A	U	G	H	T	E	R	H	Z	P	H	L	A	A

- RAIN
- READING
- SCHOOL
- SHOES
- SIGHT
- SMELL
- STARS
- SUNSHINE
- TASTE
- TEACHER
- TOUCH
- VACATION



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!