



LIFE STYLES

Health Initiatives

VOLUNTEER DESCRIPTION

This volunteer opportunity is designed to help our clients live their best lives – in the best health possible. We invite you or your group to host healthy living activities for a month with our staff's support. Propose your own health initiative or choose from one of our designated themes:

Nutrition

- **Diabetes Support Dinner Club:** Review the importance of healthy eating in managing diabetes and prepare a tasty, healthy meal each week.
- **Get Active Project:** Life Styles clients track TV, computer, phone, and activity time for one week. The following week, clients are challenged to double their activity time (and reduce TV and/or computer time as needed).
- **Healthy Cooking Club:** Review the importance of diet and nutrition for overall health and prepare healthy, easy-to-make meals.
- **Weight Loss Boot Camp:** Introduce nutritious meal choices and fun exercises with the goal of reducing weight.

Exercise

- Pilates Classes
- Walking Challenges
- Yoga Classes
- Zumba Classes

If you have any questions, or if you would like to volunteer to lead a health initiative, please contact us at volunteering@lifestylesinc.org.



Quality Services for Adults with Disabilities since 1976

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