

# Health & Wellbeing



## Monthly Offerings: January 2022

### Webinar:

#### Topic: Healthy Weight

**Description:** The New Year is here and there's no better time to make your health a priority! One of the best ways you can do this is by achieving or maintaining a healthy weight. Did you know that 1 in 3 Americans is obese which is a leading cause for many chronic conditions? Join Brittany Larrabee of Borislow Insurance as she defines what a healthy weight is and best practices you can integrate into your life to assist you in achieving or maintaining a healthy weight so that you can live your healthiest and happiest life.

**Title:** Healthy Weight, Healthy Life

**Host:** Brittany Larrabee, Borislow Insurance

**When:** Wednesday, January 19, 2022 01:00 PM Eastern Time (US and Canada)

**Zoom Link:** [https://borislow.zoom.us/webinar/register/WN\\_V3HMsJgdRImHvzUaJhe-Nw](https://borislow.zoom.us/webinar/register/WN_V3HMsJgdRImHvzUaJhe-Nw)

**Passcode:** 024929

### Exercise Classes:

#### Zumba® Classes with Miss Diane

**Description:** Zumba is an interval workout. The classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance.

**Title:** Zumba® with Miss Diane

**When:** Mondays 6:00 PM EDT

Fridays 6:00 PM EDT

Saturdays 8:30 AM EDT

(30 minutes Zumba Toning and 30 minutes Zumba)

**Zoom Link:** <https://www.fitnessmissdiane.com/post/january-links>

**Passcode:** Funtime1

### Peloton:

#### #BorislowInsurance

**Description:** Many of our employees ride together, so we wanted to extend the invite! Whether you are an experienced rider or a new rider – we encourage you to join us! You are invited to add #BorislowInsurance to your Peloton username. To add the hashtag, go to tags and search for #BorislowInsurance. Together we go far!

#### Upcoming Webinars:

- February: Heart Health
- March: Nutrition

Recordings are available upon request on our YouTube Channel:

[Borislow Insurance Health & Wellbeing](#)

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