

HP Living Well at Home/ MMHG Wellness FREE Exercise Series

# Strength Training

**Attend class from your computer, tablet, or smartphone!**

**Tuesdays & Thursdays at 7:30 a.m. via Zoom.**

This thirty minute strength training session will get you ready to start your day! Weights are optional, all exercises can be performed using body weight only for beginners, or household items for those without access to weights to increase strength. A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Be ready, to be stronger, today!



**No need to register in advance. Join the virtual classes by clicking on the “join this session” link at the *Harvard Pilgrim Living Well at Home with Virtual Classes* website when the class is scheduled.**

**<https://www.harvardpilgrim.org/myoptions/living-well-at-home-with-virtual-wellness-classes/>**

**You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.**

**Classes are free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.**

By opening this zoom meeting/link, you agree that you have read this consent and understand its content.” By continuing the video, I hereby voluntarily give consent to engage in a fitness class. I understand that this class is voluntary, and I am in no way obligated to actively participate but I may observe as an option. This does not in any way impact eligibility for health insurance coverage. No results will be given in this class and I am able to cease my participation at any time. This class may involve the use of the heart, lungs, blood vessels and musculoskeletal system. It is designed to increase the demands on these systems. I understand the class may include the use of free weights, exercise bands, stability balls, and other portable exercise equipment. I understand that I am responsible for monitoring my own condition throughout the class. Should any unusual symptoms occur I will cease my participation immediately. Unusual symptoms may include: chest discomfort, nausea, difficult breathing and joint or muscle injury. In participating, I agree to assume all risks of this class. I further understand that although this class is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates (“Harvard Pilgrim”), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.