Strong & Stable for Optimal Health and Longevity – Hallie Ringhand

Learn how to stay strong and stable for long term functional health through consistent daily movement. In this workshop, come prepared to move as we go through stretches, mobilizations, stability and some body bearing strength training so you can feel and function your best in your career and beyond! Wear clothing you can move in however, you do not need athletic wear or athletic shoes for this session. Everything we do will be things you can do before, during or at the end of your work day.

Presenter Bio –

Hallie Ringhand coaches people over 40 to be leaner, stronger, and have the freedom to mentally and physically do what they want as they age! As a former marriage and family therapist, certified corrective exercise practitioner, health coach, 30 plus years in the exercise industry, wife and mom, she helps my clients get results with a program that emphasizes progress over perfection.