

# WELLNESS CONNECT

## Exercise on a Budget

*Author: Katie Russell, Registered Dietitian Health Coach with One to One Health*

### Greetings HCS Employees,

What do you think of when you hear the word 'exercise'? Most people picture being a member of a gym and spending hours upon hours there. However, there are plenty of exercises, both cardio and weight training, that can be done at home and for free! Using your own body weight to get toned and build muscle is effective. Push-ups, sit-ups, wall sits, burpees, air squats, lunges, just to name a few, are all done without gym equipment and can be done in the comfort of your own home. All you need is you!

### Free Exercise Resources

If you are the kind of person that needs guidance for their workouts, have no fear! In the post-lockdown age, there are plenty of free apps out there that provide great workouts! Check out some suggestions below:

- **YouTube**- Many trainers and instructors began putting their workouts on YouTube at the beginning of the pandemic. This provided lots of different exercise routines for those at home to still be able to get a workout in.
- **FitOn**- This app is free and allows you to select the type of exercise you want to do and the duration of the exercise. There are so many options in this app, there is something for everyone! There are in-app purchases. However, you do not need to make any purchases to get a great workout from this app!
- **Home Workout - No Equipment** - This app can be downloaded for free (with in-app purchases)! It targets main muscle groups, and no equipment is needed!

### Just Dance Challenge

Join us in September for a wellness challenge! The Just Dance Challenge invites you to dance for 150 minutes during the next 30 days. Even if you're not exactly Fred Astaire, dancing can be a really fun way to exercise. **Those who completed the challenge will be entered into a raffle for a gift basket from One to One Health.**

If you want personalized help with an exercise routine, book an appointment with a health coach! To schedule, [email healthcoach@121.health](mailto:emailhealthcoach@121.health).

**Want to learn more?** Read the full 'Exercise on a Budget' article [here](#).

## HCS EdHealth & Wellness

### HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229  
Chattanooga, TN 37421

#### Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

#### Walk-in Hours (sick visits only):

Mon & Thurs: 9am-11am

Sat: 8am-12pm

### HCS Hixson

4206 North Access Road  
Chattanooga, TN 37415

#### Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

#### Walk-in Hours (sick visits only):

Wed & Fri: 1pm-3pm

### HCS Riverfront

1067 Riverfront Parkway, Suite 201  
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

#### Walk-in Hours (sick visits only):

Tues: 9am-11am

## HCS Benefits Update!

**HCS has expanded access to the clinics to all employees, including those who are not currently on HCS insurance plans.**

Contact us today to learn more!

P: 423-558-3111

E: [patientserviceshcdc@121.health](mailto:patientserviceshcdc@121.health)

[www.hcsedhealth.com](http://www.hcsedhealth.com)