

Member Update



Fitness Center Closure

As you are all aware, Sequoia Wellness has suspended its operations due to the COVID 19 crisis. We know the Center provides so many aspects of well-being to our member community. That said, the health and safety of our members and staff must take the highest priority.

Our reopening date will be re-assessed along the way as we monitor the recommendations of the Ohio Department of Health, The Center for Disease Control and other local agencies.

During this time, the Sequoia Team is committed to staying engaged with you by offering support & guidance in a variety of ways!

Support & Guidance

Your Sequoia family is here for you throughout the duration of this crisis! Use the tools below to stay active, healthy and engaged with your Sequoia Wellness team.

Group Exercise

Les Mills - Sequoia Wellness members can receive *FREE* access to a variety of online Les Mills workouts so that you can stay active! With this platform, you can work out from the comfort of your own home!

[Click here](#) for access to Les Mills workouts. This platform offers 95 free workouts across 8 categories. All the workouts offer easy to follow visual cues. This platform won't automatically collect your data and it will remain available as long as the disruption from Coronavirus continues.

Printable Workouts & Trainer Tips

Courtesy of our Fitness & Wellness department.

- [At home work out #1](#)
- [At home work out #2](#)
- [Trainer tips](#)

Stress Breaks

This has been an extremely stressful time for the nation and the term unprecedented doesn't sufficiently explain the situation. Your wellness including stress relief is more important than ever. Here are a few suggestions on how to take a stress break:

- Read a book. Our staff bookworm, Sean Fejes, is currently reading Shirley Jackson's *The Haunting of Hill House*. It is short, spooky, and has been adapted into a Netflix television series!
- Deep breathing for 10 minutes – [click here](#) for to learn about several different breathing techniques.
- Gratitude journal
- Start a stretching routine
- Volunteer to help out your local community during this time. This could include food shelters, or obtaining supplies for others in need. Make sure you can follow the Governor's recommendations and stay safe if you are interested in helping out. Here are links to a couple different websites that provide additional information.
 - [Need for volunteers increased amid coronavirus outbreak](#)
 - [Serve Ohio](#)

In-home activities & goodies

Looking for a way to stay busy and get your mind off the stress of the outside world. Click on the items below to access a variety of puzzles, coloring sheets, and more. These items are fun for children AND adults and are provided by our Programming department!

- [Click here for the Incredible hulk smoothie recipe for kids AND adults!](#)
- [Uno Fitness Game](#)
- [Coloring sheet](#)
- [Online ad-lib game](#)

Frequently asked questions

We have compiled a list of frequently asked questions by you, the members. Click below to view the questions and Sequoia's response. These questions and answers have been provided to you by our Member Services department. If you have additional questions regarding your membership account, [click here](#) to reach out to our Member Services Manager, Jackie Smallridge.

- [List of frequently asked questions](#)

Members, How you can help?

Interested in how you can show your support for Sequoia and the industry you love? Congress is working on a third economic relief package for businesses and industries impacted by the COVID-19 pandemic. IHRSA (International Health, Racquet and Sportsclub Association) is working to ensure that any relief package includes health clubs, studios, and fitness industry suppliers. [Read about IHRSA efforts here.](#)

IHRSA has created a grassroots campaign that you can be a part of.

- Please share IHRSA's Letter to Congress with your above senator, and explain the importance of including relief for the health and fitness industry in the relief bill.
- If you have not already done so, tell your members of Congress that we must include health clubs, studios, and fitness equipment manufacturers in any COVID-19 economic relief! Yesterday alone, fitness industry professionals sent over 1,000 messages to Congress! Let's not stop there.

Click here to show your support: [Americans Urge Congress to Include Fitness Industry in Economic Relief](#)

Also, make sure to show your love and support for the Sequoia team that has done such a wonderful job putting together these items & activities together to help keep you active and healthy! Post an encouraging message to Facebook or Instagram using the ***#SequoiaStrongTogether***

Connect with us!

