

# Your Weekly Work Up of What's Happening This Week In REC RESOLUTIONS

WEEK 4 - MAR 1<sup>ST</sup>

## UPCOMING EVENTS

### BADMINTON

March 22nd

### SUNSET YOGA

March 30th  
5:30pm - 6:30pm

## POSTURE

What is posture and why is your posture important? The human body comprises multiple bones, joints, ligaments, and muscles. All of these components must work cohesively together to allow you to perform basic daily functions. This includes: walking, cooking, going up stairs, using the bathroom, and more.

But what happens when one of these components is not working properly? Do you experience neck pain, headaches, back pain, or knee pain? Sometimes, these issues can be attributed to postural imbalances! Tune in to our webinar to learn more from our special guest, Katelyn!

### KATELYN PENNELL

Katelyn has been a Certified Personal Trainer through the National Academy of Sports Medicine for 3 years. She earned her Bachelor of Science in Kinesiology from UMass Amherst, and is pursuing a career in holistic wellness and exercise physiology. She currently works at a Chiropractic Neurology office in Phoenix, Arizona where she is learning to combine her kinesiology background with neurological training. Katelyn is passionate about empowering, educating, and encouraging people to become their healthiest selves in order to achieve their goals in health and in life.

For more information, visit the [Rec Resolutions website](#).



### WATCH

Rec Res Webinar:  
Posture



### WATCH

Posture Workout  
with Kristine