



Keeping your body strong, healthy and fit will only help you. It also reduces stress and this allows your mind to function better, allowing you to see more clearly the situation at hand and the next steps to take. Your attitude will also naturally become more upbeat and you'll be less prone to cave into reactive behavior.

Hawaii has a wealth and variety of activities to choose from when you're making a selection about how to shed the stress, or the pounds. Below are a few structured suggestions but don't forget the free, natural options available to you. Take a walk on the beach, hike through the mountains, swim in the ocean or soak up the sun. As **AngelGroup** grows, perhaps we can offer group classes or outings for

### **AngelGroup**

members. In the meantime, we encourage you to make friends with other Angels and keep yourself accountable for maintaining your health and becoming the best "you" possible.

If you have a favorite spot to hike, swim or otherwise escape from the madness that you'd like to share, please [email AngelGroup](#) and we'll pass it along. If you'd like to spearhead a group outing, please let us know your idea and we'll help you connect.



[Maui Family YMCA](#) offers a variety of fitness programs, including: Heated Pool, Racquetball, Aerobics, Spinning as well as



[Upcountry Fitness](#) offers a variety of fitness programs, including: Spinning, Yoga, Personal Training, Group



[Maui Lotus Yoga](#) offers a variety of fitness programs, including: *has everything.*