

WELLNESS Wednesday | *January 21st, 2026*

Monthly Adoption Feature



Meet Brittney!

If you're searching for a sweet, spirited companion who's ready to bring sunshine into your days, Brittney might just be your girl! This beautiful brown Lab mix has an expressive face, a playful personality, and a whole lot of charm packed into one adorable pup.

Brittney loves getting outside for walks, enjoying the fresh air, and exploring everything around her. She's people-oriented, enjoys good company, and is always happy to be part of whatever you're doing. Whether she's trotting by your side or relaxing nearby, she brings a warm, uplifting energy wherever she goes.

Brittney is spayed, vaccinated, microchipped, and fully ready to begin her next chapter with a forever family who will love her as much as she'll love them. Adoptions are just $28.00 for all dogs, which includes a 2026 dog license, microchip, vaccinations, heartworm test, and spay/neuter surgery.

Come meet Brittney or one of her pals at 250 Opportunity Pkwy in Akron or give us a call at 330-643-2845 ext. 0!

Weekly Beginner Exercise Routine (3 Days/Week)

Day 1: Full Body Strength + Cardio

Warm-up (5 min): March in place, arm circles, bodyweight squats

Strength Circuit (Repeat 2x):

- 10 squats
- 10 push-ups (knees if needed)
- 10 bent-over rows (use water bottles or light weights)
- 15-second plank

Cardio (10 min): Brisk walk, stationary bike, or low-impact dance

Cool-down (5 min): Gentle stretching





Day 2: Active Recovery or Mobility

Yoga or stretching session (20–30 min): Focus on flexibility and breathing

Optional walk (15–20 min): Light pace to keep moving

Day 3: Core + Cardio Focus

Warm-up (5 min): Jumping jacks, torso twists, leg swings

Core Circuit (Repeat 2x):

- 15 crunches
- 10 leg raises
- 20-second side plank (each side)
- 10 bird-dogs (each side)

Cardio (10 min): Light jog, elliptical, or dancing

Cool-down (5 min): Stretching hips, back, and shoulders



Tips for First-Time Exercisers

Start slow: Focus on form and consistency over intensity.

Track progress: Use a journal or app to log workouts and celebrate small wins.

Stay hydrated and rest well: Recovery is key to building strength.

Listen to your body: Modify exercises if anything feels painful or too difficult.

Healthy Recipes Feature

Breakfast

Easy Overnight Oats



Lunch

Chicken Caeser Pasta Salad



Dinner

Parmesan Crusted Chicken

