

Do you know what Aerobic Exercises do for your health?

By planning carefully and pacing yourself, you can make fitness a healthy habit that lasts a lifetime...

Aerobic activity can help you:

- ✓ *Keep excess pounds at bay*
- ✓ *Increase your stamina*
- ✓ *Ward off viral illnesses*
- ✓ *Reduce your health risks*
- ✓ *Manage chronic conditions*
- ✓ *Stay active and independent*
- ✓ *Strengthen your heart*
- ✓ *Keep your arteries clear*
- ✓ *Boost your mood*
- ✓ *Live longer*

Dancing is the perfect aerobic fix



Starting a fitness program may be one of the best things you can do for your health. After all, physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, and even boost your self-esteem.

And the benefits are yours for the taking, regardless of age, sex or physical ability.

Stretching & Flexibility

Stretching is a powerful part of any exercise program. Most aerobic and strength training programs inherently cause your muscles to contract and tighten.

Stretching after you exercise may help improve the range of motion about your joints and boost circulation.



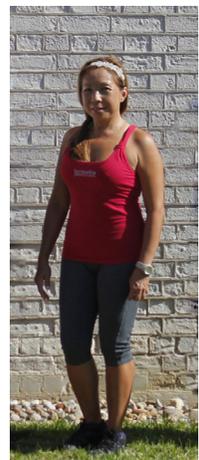
Erika - Yoga



Anne - Weights



Gina - Dance



Yanti - Aerobics

RECOMMENDED:
*At least 150 minutes of moderate aerobic activity
or
75 minutes of vigorous aerobic activity a week*

Strength training exercises at least twice a week

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles.

Stretching & Flexibility

As a general rule, stretch your major muscle groups after you exercise. In some studies, pre-athletic event stretching has been shown to decrease athletic performance. When you're stretching, keep it gentle. Breathe freely as you hold each stretch for around 30 seconds. Try not to hold your breath



Raj - Yoga



Richard - Bowls



Christine - Line Dance



Robina - Dance

When you're designing your personal fitness program, consider your fitness goals. Think about your fitness likes and dislikes, and note your personal barriers to fitness. Then consider practical strategies for keeping your fitness program on track.



Mayo Clinic Team

The Coast Centre has 10 different classes for aerobic fitness. Some of those classes are :

- Mon** - Indoor Bowls with Albert at 9.30 am
- Ballroom Blitz with Luda or Gina at 1.30pm
- Tue** - Tone and Tighten with Robina at 11:00am
- Table Tennis at 12:00
- Wed** - Balance and Fitness with Anne at 9.30am
- Ballroom Dancing with Yanti at 10:00am
- Thu** - Qigong with Simon at 9.30am
- Line Dancing with Christine 10.30 and 12:00
- Fri** - Tap Dancing with Robina at 11:00am
- Sat** - Aerobics with Yanti at 9.30am



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