



Strength & Resistance Workout with Robyn

To assist with building bone & muscle strength and improving balance

Have fun, sing-a-long to great music and increase your fitness all in the one session

THURSDAYS 9.30

Why build strength & increase bone density ?

'Falls' are one of the biggest contributors for seniors being admitted to hospital.

A Fall can be devastating with injuries to the hips, knees and the head. **But the good news is 'A Fall Can Be Prevented.'**

This class will assist with increasing bone strength, building muscle and increasing cardio fitness

The exercises will target:

- the legs, hips and thighs
- upper body including the arms and back muscles
- and core strength (tummy)

It will also include a stretch segment using modified yoga stretches (think Warrior Pose) for lengthening the muscles

Bring light hand weights (can be purchased at Target or Kmart for approximately \$10 and a resistance band (approximately \$5.00 from The Reject Shop) or if you chose not to use equipment you can do the exercises freestyle

