

fun ways to STAY ACTIVE

Yoga



Most Westernized yoga classes focus on learning physical poses, which are called asanas. They also usually include some form of breathing technique and possibly a meditation technique as well. Some yoga classes are designed purely for relaxation. But there are styles of yoga that teach you how to **move your body in new ways**. Choosing one of these styles offers the greatest health benefits by enabling you to develop your flexibility, strength, and balance.

Strength training



Body weight. You can do many exercises with little or no equipment. Try pushups, pullups, abdominal crunches and leg squats.
Resistance tubing. Resistance tubing is inexpensive, lightweight tubing that provides resistance when stretched. You can choose from many types of resistance tubes in nearly any sporting goods store.
Free weights. Barbells and dumbbells are classic strength training tools.
Weight machines. Most fitness centers offer various resistance machines. You can also invest in weight machines for use at home.

Pilates



By emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, you become acutely in tune with your body. You actually learn how to **control** its movement. In Pilates the quality of movement is valued over quantity of repetitions. Proper breathing is essential, and helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly can reduce stress.

Running



Boost your confidence. Not all of the benefits of running are physical. Running can provide a noticeable boost to your confidence and self-esteem. By setting and achieving goals, you can help give yourself a greater sense of empowerment that will leave you feeling much happier.
Relieve stress. Stress can actually cause a number of health and mood problems. It can also diminish appetite and sleep quality. When you run, you force your body to exert excess energy and hormones. Running also helps to reduce your chances of developing tension headaches.

Cycling/Spin



Heart health is an obvious benefit, as is lung capacity. As you work harder during your Spinning workout you will learn to work on controlled breathing, as well. This may help you with anxiety and help lower your heart rate when you get into a situation where physical exertion begins to take your breath away. Spinning uses large muscle groups in your legs. It does not take long before your thighs, hamstrings, and calves **begin to take shape**. Three spinning workouts a week will make a difference in the shapely appearance of your legs.

Swimming



The ability to do more with less. Swimming offers something no other aerobic exercise does: the ability to work your body without harsh impact to your skeletal system. When the human body is submerged in water, it automatically becomes lighter. When immersed to the waist, your body bears just 50% of its weight; with water all the way to the neck, you only have to bear 10% of your own weight. This means that the pool provides an ideal place to work stiff muscles and sore joints, especially if you're overweight or suffer from arthritis.

Zumba



Total body toning. During a Zumba class, you engage a ton of muscles, often (blissfully) unaware that you're incorporating traditional fitness moves like squats and lunges into your choreography.
Can be adapted for any fitness level. Whether you're just starting out with an exercise program or you're an old pro, you can still make Zumba be an effective and challenging workout.

Kickboxing



Melt fat, fast. Combining martial arts techniques and heart-pumping cardio, kickboxing is a high-energy workout that is guaranteed to burn calories and fat. The cardio-conditioning element of kickboxing is one of the most effective ways to burn fat—especially that stubborn belly fat that's associated with an increased risk of heart disease, diabetes and some types of cancer.