



Want to try something new?

Finding physical activities you enjoy is one of the keys to an active lifestyle. Some activities to try are Yoga, Pilates, and Kickboxing. These activities are becoming more common and are fun and beneficial as well. If you haven't had a chance to try one of them out, maybe now is the time.

YOGA

Yoga is the practice of uniting all aspects of your body and mind through physical postures, breathing exercises and meditation. Health benefits include flexibility, strength, and muscle tone, by working your mind and body together. Some people also use yoga for stress management.



Common Types of Yoga

	Description
Hatha yoga	The most common type of yoga. It emphasizes gentle stretching and strengthening exercises, along with meditation.
Sivanada	Is known for its meditative poses and mind/body connection. This is a relaxing class that is great for beginners.
Astanga (power)	A series of intense poses that are held for long periods and done in quick succession.
Bikram (hot box)	Focuses on breathing techniques and static poses in a 80 to 100 degree room.

PILATES

Pilates focuses on "the core" of the body; strengthening abdominals and back muscles for stability. It is a series of progressive, range of motion exercises using one's own body weight as resistance. Pilates is a low-impact activity that improves flexibility and builds muscle tone. Pilates may be done in a group class or one-on-one with a personal instructor.

continued on reverse



Ready for something more intense?

KICKBOXING

Kickboxing is an intense, high-impact workout combining boxing and cardio kicking. It involves a series of movements by kicking and punching, choreographed to music, and includes speed drills along the way. The benefits of kickboxing include a good cardiovascular workout for your heart and lungs, increased muscle strength, and improved flexibility and balance.

It will take a beginner some patience and practice to keep up with the class, but eventually it will become easier with time. Kickboxing is an activity where you need to make sure your fitness level is matched appropriately for the class. This high-energy workout burns a lot of calories in a short amount of time, but an injury is possible if the exercises aren't done properly. Be sure to work your way up slowly and remember to have patience.



Tips for any Physical Activity

- Choose an activity you enjoy and stick with it.
- Drink plenty of water **before, during** and **after** the activity.
- Make sure your fitness level is appropriate for the class or activity you chose.
- Don't be influenced by peer pressure to keep up with the rest of the group.
- Work at your own pace and listen to your body.
- Branch out and try something new when you get bored.
- Remember to warm-up, stretch, cool-down, and stretch again.