

PRIME FITNESS WELLNESS LETTER
AUGUST-SEPTEMBER-OCTOBER 2024

YOGA TAI CHI LINE DANCING

Important Benefits of Different Forms of
Exercise.

Check out classes held in the Prime Fitness Group Exercise Room.



TAI CHI
TUES/THUR
2:00 PM

IMPROVES: STRENGTH,
FLEXIBILITY, BLOOD
PRESSURE, BALANCE,
BRAIN HEALTH

REDUCES: STRESS,
ANXIETY



YOGA
MON/WED
3:45 PM

IMPROVES: STRENGTH,
FLEXIBILITY, POSTURE, BLOOD
PRESSURE, BALANCE, BACK
PAIN, ARTHRITIS, SLEEP

REDUCES: STIFFNESS, SORE
MUSCLES

LINE DANCING
MONDAYS
1:00 PM

IMPROVES: STRENGTH,
FLEXIBILITY, BLOOD
PRESSURE, BALANCE,
MEMORY, BONE DENSITY,
MOOD

REDUCES: STIFFNESS



UPCOMING EVENTS

AUGUST

- **CAPITAL MANOR OLYMPICS** (AUGUST 5TH-8TH)
- **OLYMPICS AWARD CEREMONY** (AUGUST 13 AT 1:30)

SEPTEMBER

- **NATIONAL LINE DANCING WEEK (9/9-9/13)**
- **BLOOD DRIVE** (WEDNESDAY, 9/4)

OCTOBER

- **WELLNESS FAIR** (WEDNESDAY, 10/2)
- **WORLD MENTAL HEALTH DAY** (THURSDAY, 10/10)

MANY PRIME FITNESS CLASSES ARE GEARED TO IMPROVE AREAS OF FITNESS SUCH AS STRENGTH AND ENDURANCE. CLASSES SUCH AS TAI CHI, YOGA, AND LINE DANCING THAT FOCUS ON BENEFITS SUCH AS BALANCE, COORDINATION AND MUCH MORE.

RESEARCH SHOWS THAT **TAI CHI** IS AN EFFECTIVE EXERCISE FOR PREVENTING FALLS AND IMPROVING BALANCE ABILITY IN OLDER ADULTS, WHETHER THEY ARE HEALTHY OR AT HIGH RISK OF FALLING.

THE CALM AND RELAXING APPROACH OF **YOGA** TO WORKING OUT IS BENEFICIAL FOR DECREASING STRESS LEVELS WHICH IN TURN CAN HAVE EFFECTS SUCH AS LOWER BLOOD PRESSURE AND PAIN MANAGEMENT.

LINE DANCING PROVIDES A FORM OF EXERCISE SURE TO IMPROVE SOCIAL HEALTH AND OVERALL WELL-BEING. LEARNING AND REMEMBERING DANCE STEPS HELPS TO INCREASE BRAIN ACTIVITY AND IMPROVE COGNITIVE SKILLS.

Need to start or revise a fitness plan. Contact Wellness Coordinator Antonina or Ryan at (503) 375 5905