

How to Pick an Exercise Class That is Right for YOU

GOAL	CLASS AND ACTIVITY TYPE	LOCATION AND CLASS HOURS OF GYM, COMMUNITY COLLEGE, POOL OR OTHER LOCATION
If you are trying to lose weight...	Try any class that raises your heart rate and helps you burn the most calories. Yoga, for example, may not be as effective at this as an aerobics class, a water aerobics class, or a spinning class.	<u>WHERE</u>
		<u>WHEN</u>
If you have joint pain or if you just don't like to feel sweaty...	Try joining or forming a walking group, or taking a water aerobics, spinning/ cycling, or yoga class.	<u>WHERE</u>
		<u>WHEN</u>
If you lack confidence with fancy, coordinated exercise classes...	Try yoga or Pilates for stretching and strength training, or stick to a walking group, a spinning class or cycling group.	<u>WHERE</u>
		<u>WHEN</u>
If you are stressed out...	Just get moving! But if you are willing to try kickboxing, you get to punch something! Or consider Zumba, which is high energy dancing to help you get rid of steam and focus on fun.	<u>WHERE</u>
		<u>WHEN</u>
If you worried you can't keep up with other participants in the class...	Try an introductory class and keep in mind instructors will often give you ideas how to modify the activity to your level of fitness, so you are in charge of the intensity at all times. And you can always take breaks as needed.	<u>WHERE</u>
		<u>WHEN</u>

BEFORE GETTING STARTED -- A WORD OF CAUTION

*You should always speak with your doctor before you change, start or stop any part of your healthcare plan, including physical activity or exercise.
Reading health and exercise information online may be helpful, but it cannot replace the professional diagnosis and treatment you might need from a qualified healthcare provider.*