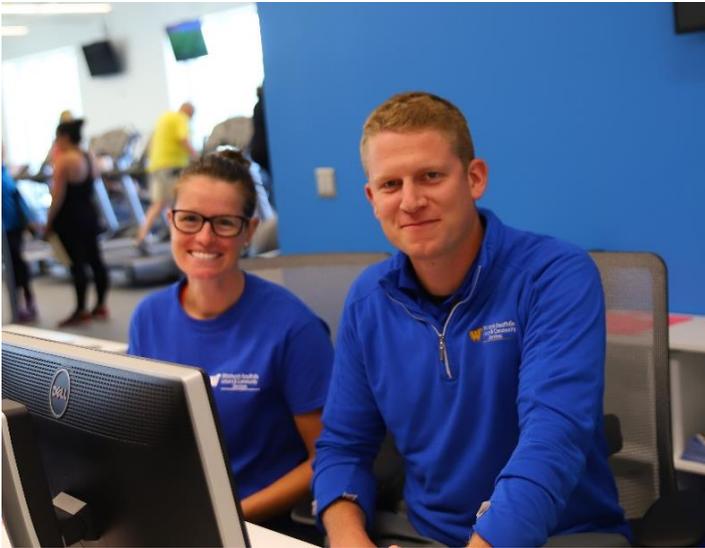




FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE

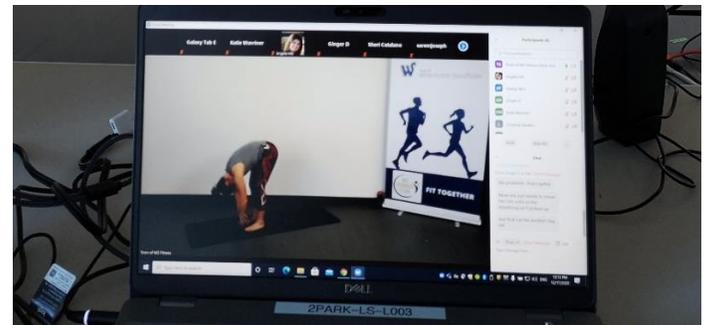


All Fitness Memberships Have Been Suspended

This is a reminder that all memberships have been placed on hold and will continue to remain on hold. You will not lose time on your membership and no action is required on your part. **Please contact Barb Armstrong at 905-642-7529 ext. 5328 or barb.armstrong@townofws.ca if you have questions about your membership.**

What Can I Do to Keep My Fitness Going?

Head outdoors and try a winter activity. Try skating, tobogganing, snow shoeing or cross-country skiing. The snow has finally arrived, and it presents many physical activity opportunities that can be fun and health promoting. Regardless of what you choose, remember to maintain your physical distance from those not in your household and if that isn't possible, wear your mask outdoors. Try a virtual program or YouTube video. There are tons of virtual/video exercise classes and workouts online that range from intense boot camps to gentle Yoga classes. Search out what you are looking for and try it out. The next section will help you to identify what is a great online class for you.



Town Leisure Facilities Closed and Programming Temporarily Cancelled

Due to revenue shortfalls caused by the COVID-19 pandemic, the Town of Whitchurch-Stouffville has made the difficult decision to close all recreation facilities and put a hold on all leisure programming for 12 or more weeks. It has been a difficult year for everyone and with the constantly changing Public Health guidelines the Leisure and Community Services department has been unable to generate anywhere near the usual revenues. To mitigate the impact on residents, all town events and all in-person and virtual programs have been cancelled for a minimum of 12 weeks. We hope that worst of the pandemic will soon be over and that we will be able resume activities as the year progresses.

CHOOSING THE RIGHT ONLINE ACTIVITY FOR YOU

With all the different online options for exercise at home, how does a person know which class is right for them? Considering the following tips may help you find the right activities that match your goals, abilities and enjoyment.

1. **Virtual Live Classes or Online Videos** –

Virtual live classes are live video streams that have a scheduled date and time and may also offer some interaction with an instructor. While online videos are pre-recorded and can be accessed at any time. A benefit of virtual live classes is accountability as pre-registration is often required, and attendance may be taken. This is perfect for those who need a little motivation getting started. Having a specific date and time for your exercise forces you to schedule it into your day. On the other hand, online videos have the advantage of being accessible whenever you want to do them and are often FREE. That's a big plus for those on a tight budget. Ultimately, you must have an introspective look into who you are as an exerciser and decide which avenue is best for you. Just remember that the most successful exercise routines are the ones that you do.

2. Finding the Right Instructors – This could be the single hardest problem you will face when choosing online exercise. There are literally thousands of options available and anyone can claim to be the greatest self-help guru without the necessary certification and education background. You should be looking for an instructor

with a formal University degree or College diploma in a health-related field and fitness certifications that match the areas they instruct. While there are numerous educational pathways and certifications available, an instructor who clearly states their background, portrays confidence. Also, a strong instructor, who knows their stuff, should be able to speak in concise language that is easy to understand. They should give clear direction and offer modifications for many of the exercises to help prevent injury. If an instructor speaks over your head or fails to give clear direction, they are not the right instructor for you.

3. Enjoyment or Hard Workouts – Many exercisers feel they need to trade enjoyment for physical benefit, which simply isn't the case. A workout should be strenuous enough to get you the desired results, but not so hard that you aren't enjoying it. A clear indication that the workout is too strenuous is pain following the workout. While a little bit of muscle discomfort is normal for the next day or two, you should not be in complete agony. You need to find workouts that you enjoy and make you feel strong and energized.

Choosing the right online exercise experience can be as challenging as the workouts themselves. Taking the time to figure out what you are looking for, accounting for price, instructor quality and enjoyment will help you hit your goals.