



Phat Fit



“The future belongs to those who believe
in the beauty of their dreams.” - Eleanor Roosevelt

PHAT FACTS: Some of the benefits of a strong core...

1. Strengthening core muscles will improve posture and prevent low muscular back pain.

This means that as you incorporate abdominal and back exercises into your exercise routine, as well as stretching to improve flexibility, you will gain more strength and a more upright posture.

2. Helps avoid back injury.

Exercising your core will strengthen and tone your lower back muscles and buttocks while stretching the hip flexors and the muscles on the front of the thighs. Injury to the lower back is most often caused by weakness in the musculature, so strengthening those muscles decreases the chance of injury.

3. Improves physical performance

Exercising the core muscles with slow, static stretching is effective in relieving stiffness and enhances your flexibility. Most physical activity involves using these muscles therefore a strong core will make everything you do easier.

4. Improves balance

If you include core muscle exercises and stretching as part of your exercise program it will help greatly in maintaining balance and physical independence in your senior years.

All it takes is 15 to 20 minutes of core exercises 3 times a week!

PHAT NEWS:

New!!! Phat Fit 6 Week Complete Program: see the website for details!

New Workout Schedule and location effective Monday, April 19th! We are changing our evening workouts to Tuesday and Thursday night from 6:30-7:30pm. And we are back outside as of the 19th!!! We'll keep reminding you closer to the date. Just wanted to give you a heads up!

Moon In June: Sign Up Now!!! Registration forms are ready! Be sure to let us know if you plan to do the 5 or 10km run and if bring the kids out for the 1km too!!!

PHAT FIT SCHEDULE: our last week inside at Central Arena!

Mondays and Wednesdays at 9:30am & 6:30pm

Fridays at 9:30am

Saturday at 9am

BE BRAVE! BE AMAZING! BE PHAT!

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