

# *Exercise from Home twice a week with..*



## **Mr. Fitness**

**A Strength Training class for all experience levels.**

**On Access Humboldt Channel 10**

**Mondays at 3:00 p.m.**

**Tuesdays at 8:00 a.m.**

### **Benefits to Exercising:**

- ⇒ **Improves balance and flexibility.**
- ⇒ **Feel more relaxed and energetic**
- ⇒ **Burns body fat and build muscle**



\*Always consult with a physician before starting a new exercise program.

## **REMINDER TO ALL VIDEO VIEWERS:**

- 1) If an exercise causes you pain, either
  - a) try it with very low weight or
  - b) no weight at all until you can perform the exercise without pain.
- 2) If you have been diagnosed with osteoporosis or have had a compression fracture in your spine,  
do not perform exercises that require bending forward or twisting the spine.
- 3) All viewers should set your weights on a chair next to you. Do not bend forward and/or twist your spine to pick them from the floor.
- 4) Be sure to use a firm, straight-back chair which  
allows you to sit with both feet in contact with the chair when exercising.
- 5) For Best Results—do strength training exercises twice a week.
- 6) ) Remember to breathe!...

