

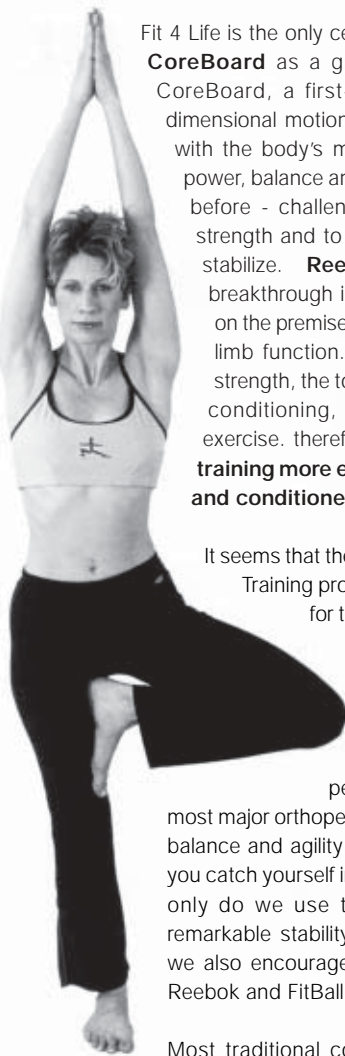
## New Age Aerobics, Anyone?

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Aerobics? This term so common in the 1970's and 1980's is facing out with aerobic schedules becoming more "new age" with stability, flexibility and strength training being included, not just "aerobics". The new term now is **Group Fitness** – exercising as a group with an instructor leading – from **high to low impact aerobics, kickboxing, Reebok Step \_ to stability training with the Reebok CoreBoard, Reebok Slide & FitBalls \_ to strength and circuit classes - and to our new age Pilates and Yoga** - all of which are taught to suit and challenge every fitness level!

By cross training, you are making sure that you are getting various kinds of stability, cardiovascular, strength and flexibility exercises, as well as relaxation work. By varying the intensity, frequency and duration of your workouts, your body gets a better chance of staying fresh and ensures your fitness level does not plateau. By participating in a wide variety of classes, you are **therefore reducing the risk of repetitive injury & joint injury**, which is caused by over-use of a particular muscle or joint.



Fit 4 Life is the only center in Sarawak utilizing the **Reebok CoreBoard** as a group fitness workout. The Reebok CoreBoard, a first-ever exercise board that offers 3 dimensional motion that tilts, twists, torques and recoils with the body's movement thus enabling you to build power, balance and real life functional strength like never before - challenging you to work harder, use more strength and to "fire" your inner unit core muscles to stabilize. **Reebok Core Training™ Program** is a breakthrough innovation in exercise & fitness based on the premise that improved torso strength improves limb function. By focusing on the root of usable strength, the torso, Core Training improves functional conditioning, reactive movement, and quality of exercise. therefore **making all other exercise and training more effective as a result of strengthened and conditioned core muscles.**

It seems that there is a general perception that Stability Training programs are too hard and not necessary for the general population but in reality, with the proper guidance, stability training, which is essentially training your sense of balance - is crucial and should be emphasized for all, from professional athletes to sedentary people and fitness enthusiasts. After all,

most major orthopedic visits are due to falls. Having better balance and agility can make a difference as to whether you catch yourself in a fall, thus lessening the impact. Not only do we use the Reebok CoreBoard to achieve remarkable stability through ankle, knee and hip joints, we also encourage clients to cross-train with the Slide Reebok and FitBall Training Programs.

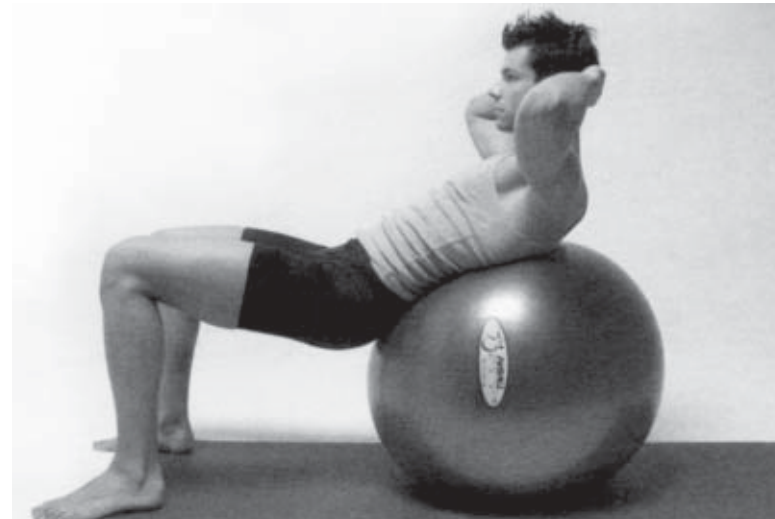
Most traditional conditioning systems concentrate on straight ahead or up and down moves like walking, cycling and stepping. Because conventional training typically de-emphasizes side-to-side or lateral movement, **our joints and muscles are usually unprepared for the stresses involved with lateral movement.** As a result, a large proportion of **sports-related injuries to the knees, hips or ankles occur during this phase of motion.** The **Slide Reebok™ Training Program** is the first comprehensive lateral training system, which offers a safe, low impact way to reduce the risk of these kinds of injuries. It heightens postural

awareness and prepares the body for the demanding lateral moves and does so with minimal stress, while developing cardiovascular and muscular endurance & improving balance and agility. Although side-to-side movement is most obvious in sports such as football and tennis, research has proven that even cyclist, runners and walkers, all of whom seem to be moving solely straight ahead and forwards, are also constantly making side to side demands on their musculoskeletal system. Slide Reebok™ is also great for shaping inner, outer thighs & hips!

The fitball (also known as Swiss Ball or Medi Ball) is used by professional sports teams, world-class athletes, therapists, personal trainers, dancers, educators, fitness instructors and people looking for effective cross-training and exercise programs. The simple act of sitting on the fitball, unconsciously activates your postural muscles in order to maintain balance, helps align your spine, increase alertness and enhance respiratory & digestive systems while bouncing on the ball increases the endurance component of your postural muscles. Due to the round surface of the ball, "cheating" by compensating with stronger muscles is difficult, as you will lose your balance, thus forcing the stabilizers of your body to work hard at maintaining balance. **The Fitball Training™ Program** thus helps produce balanced muscles.

Another exercise format that focuses on the "core" is our **Pilates Matwork Classes.** The Pilates Method systematically addresses the whole body. Having a dynamic support structure of the core muscles gives pelvic stabilization and provides a built-in central support system while building strength and coordination, clients learn to maintain correct, efficient alignment and keep muscles flexible through the power of movement. **The Pilates Method is about movement - the journey through the movement of the body parts holds more importance than the destination.** It is not about aerobics or bulking muscles. Joseph Pilates, the creator of the Method originally called his body conditioning "Contrology™" and the intent of the work is reflected in the name it was first given. The key to the Pilates Method is a **strong abdominal core, from the deep inner layers of muscles to the ones on the surface.** Combined with pelvic stability these areas are the origins from which to create a strong mid section of the spine, both front and back, thus stabilizing the torso. From this stable and firm central area all movements can flow with less effort and more grace.

So if exercising in a group format provides the kind of fun and encouragement you need to kick start your fitness journey, you now know it's important to cross-train!

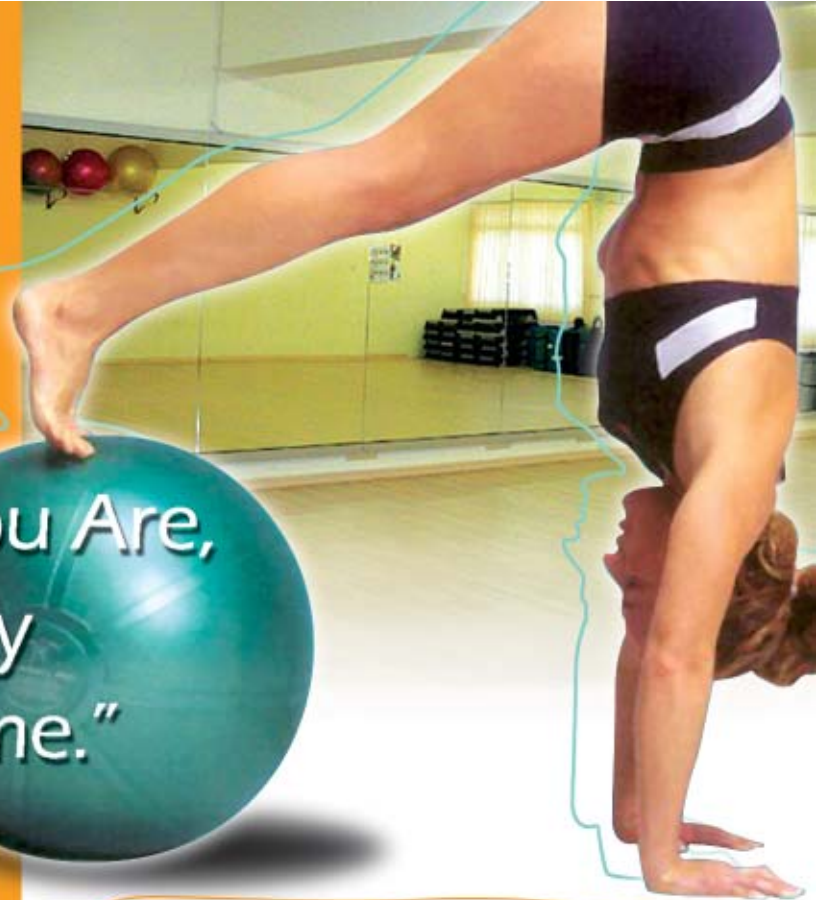


**THE FUNCTIONAL GYM**  
GROUP FITNESS • PERSONAL TRAINING

# "No Matter Who You Are, Health Is A Journey That Lasts A Lifetime."

Your health lies in your hands - we at **FIT 4 LIFE**, are here to **coach you towards your goals.** Fully equipped with the Club Series by Life Fitness USA, free weights and Swiss Balls, we are providing our members with an altogether superior **strength and stability training solution.** For a great cardio-vascular workout utilizing **your own individual heart rate zones,** choose from a variety of machines. The Boxing Corner & Group Fitness floors are fitted with **cushioned timber flooring** therefore reducing risks of impact injury to joints. With a total floor space of **6300 Sq feet.** Fit 4 Life provides

- ✂ **weight loss programs** that help you reach and maintain your healthy weight
- ✂ **general fitness programs** that improve your overall health
- ✂ **corrective exercises** for postural dysfunction, post-rehabilitation and performance-specific exercises for athletes and the general public
- ✂ **nutrition (metabolic typing) & lifestyle coaching** for improving your vitality and health
- ✂ **group fitness classes** with emphasis on cross-training principles



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