

Who are the participants in this program?

This program is designed for adults of all ages and abilities. To its credit, Life Quality Improvement has even been recommended by physicians to those patients beginning a rehabilitation program after an illness or injury, others wishing to begin a healthier lifestyle for the first time, or those who feel the pace in a fitness club exhausting and atmosphere impersonal.

Those individuals wishing to supplement their other fitness activities also find that this program provides overall conditioning. It incorporates toning exercises for defining and building muscle, stretching to increase flexibility, and aerobic activities, to increase breathing capacity and endurance.

In addition, the emotional and mental benefits of this program share an equal part with the physical aspects. There is a sense of belonging that comes from being part of a supportive group and empowerment that comes from taking charge of your health and fitness.

What you need to know first!

Remember that any exercise program should be preceded with a medical check-up. Our Life Quality Improvement Program is no exception. Therefore, your first step in this program is to see your doctor. Any special medical needs that you may have can be discussed in private with our trained instructor, who may have recommendations for your specific needs.

As a routine, pulse rates are checked periodically throughout the class, to ensure that everyone is exercising at an optimum performance level for his or her age and fitness level.

How much will it cost to join?

Because Life Quality Improvement is located at the New Minas Civic Centre, and not in an upscale, modern health spa, we don't have high overhead costs, which would be typically

passed along to the program participants. Instead of a layered fee structure, including facility costs, administrative fees and then program fees, the cost to take part in this program is only **\$2.00 per class**. There are no extras.

Another attractive feature of this program is "pay-as-you-go" method, which means that you won't have an "up front" financial commitment, nor will you have to pay for classes you can't attend. This user pay system avoids the administrative complications with refunds, expiration dates and so on.

What is needed for equipment?

If you are a member of the fashion conscious crowd who enjoys visiting the gym to check out what's new in the latest attire, then you might be disappointed with the Life Quality Improvement Program. Comfort and function take priority here, and participants fit in equally with a sweat suit and sneakers, as they do with a spandex leotard and expensive gym shoes.

Unless you prefer to bring your own exercise mat, one will be provided for your use during class. Mats are used for warm-up and cool down exercises, and these, along with other pieces of equipment and props are available at no charge for your use.

Is this a quality program?

Health and fitness is serious business, and as such, our instructors will either be certified with accreditation from the YMCA; through the Canadian Aerobic Instructors Network (CAIN), through the National Fitness Leaders' Advisory Committee (NFLAC), through the Canadian Red Cross, or will have had an extensive background in recreation and physical fitness.

The program itself offers regular classes that begin in September, break for Christmas and resume in January, running until June. Classes take place on Tuesday & Thursday mornings to

ensure that fitness becomes a lifestyle and part of your regular routines.

Classes are one hour in length and scheduled for the same time each day, late morning (10 a.m. to 11 a.m.). This allows you to enjoy other daily routines without committing a large block of time to your fitness program. It also avoids what can sometimes be very complicated and erratic schedules at some health spas.

Our program leader is Chris Seymour and he has been developing the Life Quality Improvement Program for the last few years. A retired member of the Canadian Armed Forces, with the Physical Education and Recreation Branch, Chris has taught fitness classes to all ages and levels for more than 20 years at various locations across Canada. He subscribes to the philosophy that fitness should be fun, relaxing and a great way to feel good about you.

Chris is an avid recreation and fitness enthusiast who swims, plays squash, cross-country skis, plays gentlemen's hockey, hikes and so on. He is the father of two boys, is a Scout leader, a soccer coach and enjoys music and dancing. Chris and his wife, Helen, have been living in the area since 1979.

"The Benefits of Parks and Recreation in Action"

1.1 Physical recreation and fitness contributes to a FULL AND MEANINGFUL LIFE.

- **Fact:** The physically fit person is able to enjoy life more fully, is less prone to injury and is more productive (both at work and in the community).

- **Fact:** Fit senior citizens live longer, remain in their homes longer and participate more fully in community life.

1.2 Regular physical activity is one of the very best methods of HEALTH INSURANCE for individuals.

- **Fact:** Regular participation in physical recreation is the best guarantee of physical fitness and health.
- **Fact:** Even moderate amounts of physical exercise significantly reduce the risk of heart disease.
- **Fact:** Active living, generally through the opportunity of leisure, is directly related to personal health (physical, mental and social).
- **Fact:** Women can attain higher bone density through childhood participation in organized sports and fitness programs, thereby establishing a strong health base to help combat osteoporosis in later years.

1.3 Relaxation, rest and revitalization through the opportunity of leisure is ESSENTIAL TO STRESS MANAGEMENT in today's busy and demanding world.

- **Fact:** Stress is a serious issue in modern society - all of the popular "prescriptions" or solutions highlight the role of leisure and relaxation.
- **Fact:** The catharsis achieved through intense physical recreation activity is an ideal antidote to the build-up of otherwise negative tensions, angers and adrenaline.

2.6 Integrated and accessible leisure services are the best way to SUPPORT THE DISABLED AND DISADVANTAGED.

- **Fact:** Leisure is an important component in the quality of life of individual citizens, particularly if their full involvement in society is limited by disability. Recreation responds to their right to accessibility and full participation.

- **Fact:** Increasingly, individuals who have been previously institutionalized are capable of re-entering community life. Leisure provides the opportunity for others to get to know and support them while they are developing key life skills (often through leisure)."

The above are some of the benefits, as outlined in the document, "Parks and Recreation Federation of Ontario - Volume 1, June 1991"

For further information, please contact the New Minas Parks and Recreation Department @ 681-6577

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