

'BT Fitness after 50'

The single most effective way to slow the rate of aging, reduce and prevent chronic illness, and stay independent is physical exercise! “BT Fitness after 50” has five pillars of fitness designed to impact your personal health:

1. **Strengthen:** Build muscle mass to help you move safely and easily so you can maintain daily activities and live independently. Muscle Strength also preserves bone density and improves balance

2. **Aerobic:** regular aerobic exercise increases your ability to take in and use oxygen. This produces energy and increases stamina hence reduces the risk of heart disease, high blood pressure, stroke, diabetes and obesity.

3. **Balance:** we have the most advanced testing and training equipment designed to improve muscle strength, stamina, flexibility and good sensory feedback. Improving in one or more areas may lead to a significant reduction in the risk of falling.

4. **Flexibility:** Our exercises are also designed to improve flexibility and posture. Good posture when standing and walking also helps prevent falls.

5. **Social:** “BT Fitness after 50” gives you a sense of belonging. Our staff is caring, helpful and happy to answer your questions. You meet great, likeminded people in a none-intimidating environment.

Your fitness level will be evaluated by our specially trained Exercise Physiologists. They will customize your exercise program and carefully supervise your progress helping you to a new and exciting level of vitality.