

A Body Balance Class Demonstrating the Power of Posture

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If you have been participating in the Virtual Fitness classes during the pandemic, you have created a solid foundation to progress your fitness levels, physical activity and functional abilities.

The Body Balance class incorporates multiple components of fitness and it offers a restorative rehab approach that allows participants to progress at their own pace.

When we get back to in-person group exercise classes, this class will offer a multi-dimensional approach that is delivered to participants with a wide range of functional levels and abilities.

The class utilizes the concept of mindfulness, the psychological process of bringing one's attention to experiences occurring in the present moment. Large population-based research studies have indicated that the practice of mindfulness is strongly correlated with greater well-being and perceived health.

Our class combines three phases as we move from the mat to the foam roller and back to the mat.

Benefits of the Body Balance Class

- improves posture, postural alignment and efficiency
- increases strength and endurance of trunk and scapular musculature
- improves static and dynamic balance
- improves balance and equilibrium reactions
- improves kinesthetic sense and awareness to enable safe, appropriate body mechanics
- promotes relaxation
- improves overall sense of well-being
- improves confidence and self-esteem

1 Mat work: 1st phase of class (preparatory)

You will learn and become familiar with the fundamentals of "scan, reconnect and centre."

Participants will learn to create an awareness of where their body is in space, how their body feels at rest as well as with movement, and how their body is contacting the surface it is on.

We utilize a stability ball during this phase that reinforces shoulder and hip mobility as well as core recruitment and stabilization.



2 Foam roller work: 2nd phase of class

If you are new to the foam roller, it will take some time to get comfortable using it. The roller itself is three feet long. It will support the length of your spine from head to tailbone. There is a technique to using the roller. Place the foam roller down



the centre of your mat. Sit at the front edge of the roller and then lie back, ensuring the full length of your spine is supported.

There are certain conditions that are contraindicated for use of the foam roller. If you have been diagnosed with severe kyphotic deformity, spinal fracture, spinal tumours or hypermobile sacroiliac joint you will not be able to use the roller. If you are on Coumadin or Prednisone, you should be cautious when using the foam roller due to decreased bone density and bruising easily.



3

Breathing and Progressive Relaxation: 3rd phase of class

Here are some of the testimonials from past participants. As mentioned, the class delivers benefits inclusive to all levels of ability.

Athlete

I like the core work and work on the joints. Body Balance has improved my posture and body awareness.

Active Now

I was attracted to taking Body Balance as there is no impact. I was concerned with my posture and decreased core strength. After taking this class for some time my posture, core strength and balance have all improved!

Progressing

Since taking Body Balance, I have noticed that I have more flexibility of movement. Also my balance has improved. I find the exercises challenging yet achievable. I always feel both stretched and relaxed at the end of each class.

Body Balance will be re-introduced and re-offered during its usual time slot on Thursday mornings from 8:30 a.m. to 9:30 a.m. Check the website for details.