

Exercise is the key to healthy aging. It will help you increase strength, range of motion, energy and balance, as well as improve your mood, memory, and overall health.

CARDIO & STRENGTH



Cardio & Strength Class is an aerobic and strength training class with low-moderate intensity that incorporates cardio, strength, and core work.

Taught by a Certified Group Exercise Instructor

Come once or twice-your choice. Only \$4 per class

MONDAYS WEDNESDAYS
2 p.m. – 3 p.m. 10 a.m. – 11 a.m.

Mattapoissett Council on Aging
17 Barstow St. * 508-758-4110

Why Cardio is Necessary?

- Cardio fitness is best for heart attack and stroke prevention. Cardio routines will also assist in recovery. By actively performing a contrasting activity, muscles used in weightlifting are allowed to recover faster.

Why Strength Training is Necessary

- Strength is still a vital part of training because it develops balance and power in every muscle group. Light weightlifting should focus on both the muscles used and unused during aerobic activity which will create a better balance and prevent injury.