

Innisfree's fitness program is designed around 4 essential components: cardiovascular training, strength training, flexibility, and balance. Each plays an important role in improving one's overall health and quality of life.

Cardiovascular Training involves working hard enough to elevate your heart rate to a desired level for increasing amounts of time. Brisk walking, biking, swimming (or water aerobics) are good examples of this type of training.

Strength Training requires adding resistance (e.g., weights, stretchy bands) to your movements in order to force your muscles to work harder. Although many people begin strength training programs by using machine-based exercises, the best way to train your muscles is to perform exercises that mimic the kinds of movements required in everyday life (e.g., pushing, pulling, bending, squatting, twisting, etc.). These "functional" exercises also challenge your balance and coordination.

Flexibility means avoiding tight muscles that limit your ability to move your joints through their full range of motion. Various types of stretching and certain dynamic exercises can help maintain and improve flexibility.

Balance is often an overlooked component of fitness. As we age, our sense of balance naturally deteriorates, putting us at greater risk for falls and other accidents. Balance exercises can be incorporated into your workout as well as practiced during everyday activities (e.g., standing on one leg while folding laundry).