

# EXERCISE!!

Exercise falls into three basic categories—endurance, strength, and flexibility. In addition, it is important to do activities that help improve balance. Most people tend to focus on one type of exercise, but doing a mixture will give you more benefits and decrease your risk of injury. Some activities fit into more than one category.

## Endurance/Aerobic

**Endurance**, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. A good goal is 30-40 minutes of endurance exercise five times per week. Examples:

- Brisk walking or jogging
- Playing soccer or basketball
- Bike riding
- Zumba or Dancing



## Strength

**Strength exercises** make your muscles stronger. They also help improve your heart health and assist in controlling diabetes. Even small increases in strength can make a big difference. These exercises also are called "strength training" or "resistance training." Doing some kind of strength training routine two times/week is ideal. Examples:

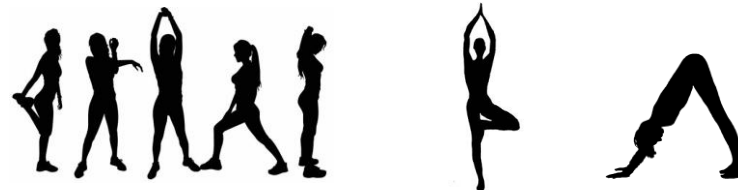
- Lifting weights
- Push-ups, sit-ups, squats, plank
- Using a resistance band



## Flexibility

**Flexibility exercises** stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. You can do flexibility exercises for ten minutes or so after your other forms of exercise or do a yoga class one or more times per week. Examples:

- Stretching
- Yoga



## Balance

**Balance exercises** are also important to keep your body functioning at its best. Many lower-body strength exercises will also improve your balance. Examples:



- Standing on one foot, heel-to-toe walk
- Tai Chi (a form of gentle martial arts)



## RESOURCES FOR EXERCISE

City of Oakland Parks and Rec Centers website: <http://www2.oaklandnet.com/Government/oopr/s/facility/>

### Zumba

- **Carmen Flores Recreation Center**  
1637 Fruitvale Ave.  
(Josie de la Cruz Park)  
(510) 535-5631  
Cost: \$29.00  
Languages: English, Spanish  
**Hours:** *Monday, Tuesday, Thursday*  
*5:30-6:30 pm*  
*Monday-Friday 9-10 am*
- **East Oakland Fitness Gym**  
3700 East 12th Street  
Cost: Call for information- (510) 550-5264  
Languages: Spanish, English  
<http://www.kuidatesport.com>

### Yoga

- **Redwood Heights Rec Center**  
3883 Aliso Ave.  
(510) 482-7827  
Cost: \$15.00 drop in / 5 classes for \$45.00  
Languages: English, Spanish  
**Hours:** *Monday & Wednesday 6:30-7:30pm*

### Weight Training

- **San Antonio Rec Center**  
1701 East 19<sup>th</sup> Street  
(510) 535-5608  
Cost: Low  
Languages: English, some Spanish  
**Hours:** *Tuesday-Friday after 6pm & Saturday 12-5pm*

### Aerobics/Kickboxing Combo w/ Pilates/Dance

- **Carmen Flores Rec Center**  
1637 Fruitvale Ave.  
(Josie de la Cruz Park)  
(510)535-5631  
Languages: English, Spanish  
**Hours:** *Tues 8:40-9:40am, Weds 12:30-1:30pm, Fri 12:30-1:30pm*

### Dance

- **Aztec Rhythm Dance Class**  
**Carmen Flores Recreation Center**  
1637 Fruitvale Ave.  
(Josie de la Cruz Park)  
(510) 535-5631  
Languages: English  
**Hours:** *Thursdays 7:00-8:00pm*
- **Modern/Jazz/Latin/Hip-Hop/Ballet/Gymnastics**  
**East Oakland Sports Center**  
9161 Edes Ave.  
(510) 615-5838  
Cost: \$30.00  
Languages: Mostly English, some Spanish  
**Hours:** *Tuesday & Wednesday 5-6pm, Friday 4:30-5:30pm*

### Martial Arts/Self Defense

- **San Antonio Rec Center**  
1701 East 19<sup>th</sup> Street  
(510) 535-5608  
Low Cost  
Languages: Mostly English, some Spanish  
**Hours:** *Call for schedule*

- **Carmen Flores Recreation Center**  
1637 Fruitvale ave (Josie de la Cruz Park)  
(510) 535-5631  
Languages: Mostly English  
**Hours:** *Mondays, Wednesdays, Fridays 6:00-8:00pm*

### Swimming/Water Aerobics

- **East Oakland Sports Center**  
9161 Edes Ave.  
(510) 615-5838  
Low cost, Swimming is free.  
Languages: English, Some Spanish  
**Hours:** *Open Swim Monday-Sunday, Water Aerobics Monday & Wednesday: 8-9am, Tuesday & Thursday: 6:30-7:20am*

### Tai Chi

- **Redwood Heights Rec Center**  
3883 Aliso Ave.  
(510) 482-7827  
Cost: \$15.00 drop in / \$40 for 4 classes  
Languages: English, some Spanish  
**Hours:** *Thursday 10-11am & 11:15-12:15pm*
- **Diamond Rec Center**  
3860 Hanly Road  
(510) 482-7831  
Cost: \$11.00  
Languages: English, some Spanish  
**Hours:** *Tuesday 10-11am*

