



**Fun & Fit Exercise** class offers you the chance to participate in general exercise and receive a personalized wellness plan designed by you and your instructor.

This wellness plan will provide you with the knowledge to take action on a daily and/or weekly exercise program to increase your energy, strength and balance, and helps you to reduce and prevent the incidence of many chronic diseases such as cancer, heart disease, high blood pressure, diabetes, etc. Fun and Fit Exercise class is a great opportunity to make new friends, improve your health, and learn skills to enhance your overall well-being!

**更fun更fit運動**為您提供一個綜合健身運動的機會，並由您和您的老師一起設計您個人的健身計劃。

這個運動計劃為您提供知識及讓您製定日常或每週的運動計劃，以增加您的能量、力量和平衡；並幫助您減少和防止許多慢性疾病，如癌症、心臟疾病、高血壓、糖尿病等。**更fun更fit運動班**是一個很好的機會，結交新朋友，改善健康，學習新技能，提高您整體的舒適愉快感！

## Fun & Fit Exercises 更fun更fit運動

### Benefits 益處：

- **Increase range-of-motion, strength & flexibility**  
增加活動範圍、強度、和關節靈活性
- **Improve posture**  
改善姿勢
- **Better breathing**  
更好的呼吸
- **Relieve stress and anxiety**  
緩解壓力和焦慮
- **Improve sense of well being**  
提升舒適愉快感
- **Increase feeling of connection, less isolation**  
提高人與人之間的聯繫，減少隔離
- **More energy**  
更有活力

<b>詳細資料</b>	<b>CCSF Chinatown Center 三藩市華埠市立大學</b>
<b>Date 日期</b>	Every Monday 逢星期一
<b>Time 時間</b>	9:30am – 10:30am 上午9時半至10時半
<b>Location 地點</b>	Room A404, 628 Washington St, San Francisco, CA 94108
<b>Language 語言</b>	English, Cantonese, Mandarin 英、粵及國語
<b>Fee 費用</b>	Free 免費

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).