

Aerobic Exercise

帶 氧 運 動



Aerobic exercise is sometimes known as “cardiovascular exercise”. This is moderate intensity activity involving large muscle groups and is done to increase cardiovascular endurance. During aerobic activity, you repeatedly move large muscles in your arms, legs and hips. You’ll breathe faster and more deeply which maximizes the amount of oxygen in your blood. Your body will even release endorphins, which are natural painkillers that promote an increased sense of well-being.

This exercise class is a great opportunity to improve your health, make new friends and learn skills to enhance your overall well-being.

有氧運動有時被稱為“心血管運動”。進行這項強度適中的運動是需要心臟運送氧氣給大型肌肉群，以增加心血管耐力。進行有氧運動時，您會重覆地鍛煉您的手臂、大腿、和臀部的大型肌肉。您會呼吸得更快更深，令您血液中的氧氣含量提升。您的身體甚至會釋放內啡肽，這是促進增加健康感的天然止痛藥。

這運動班是一個很好的機會讓您改善健康，結交新朋友及學習新技能，您可以從學習中提高您的整體健康程度。

Benefits:

- Achieved by increasing the amount (duration, frequency or intensity) of physical activity
- Increase range-of-motion, strength & flexibility
- Improves sense of well being
- Increase feeling of connections, less isolation
- More energy

好處:

- 增加運動量 (持續時間、次數或劇烈程度)，有助改善健康狀況
- 增加活力範圍、強度和關節靈活性
- 提升舒適愉快感及健康感
- 提高人與人之間的聯繫，減少隔離
- 更有活力

Detailed Information 詳細資料	Instructor 導師: Stella Ip	Language 語言: Cantonese 粵語
Date 日期	10/4 – 11/20/2024 Every Wednesday and Friday 逢週三及週五	
Time 時間	9:30am - 10:30am 上午 9 時半至 10 時半	
Location 地點	369 Broadway Street, San Francisco, CA 94133 三藩市百老匯街 369 號	
Fee 費用	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).