

Physical Fitness

Exercise

Physical Fitness – Exercise

At **Fitfish** we're not suggesting that everyone should be able to and want to run a marathon, swim the channel or excel at a sport. We believe that we need to make the most of what God has given us and look after our bodies. We only get one body on this earth and we need to take responsibility for it and look after it so that it can help us to serve God effectively.

During the **Fitfish** retreats we offer a huge variety of different forms of exercise including:

Power walking/jogging/running led routes– go at your own pace and get some air into those lungs!



Stretching and Flexibility– do you know if you're flexible or whether you're as stiff as a board? You'll be surprised how quickly you can improve your flexibility with just a few pointers.

Core stability – a stable trunk means that you will be more balanced and coordinated and reduce injury to other parts of your body too. All in all pretty essential!

Praise Aerobics – sound cheesy? Well maybe... but a

little cheese in moderation is good isn't it!? Come and get that heart rate up whilst you follow some moves to modern and classic worship songs!



Circuit training – a variety of fun exercises to ensure that you never get bored and get a good all over workout. You can go at your own pace and push yourself as hard as you like and before you know it it's over!

Box Fit - the boxing movements of hook, upper cut and jabs when performed correctly provide great exercise benefits, a stable core, a raised heart rate and work out the arms and legs. We use pads not people and you get to swap over lots and have a breather!



Zumba – the latest fitness craze! Zumba is Spanish slang for move fast and have fun and is a fusion of salsa, samba, merengue. Infectious music, easy to follow dance moves and loads of body benefits. Try it and you will love it!

Cheerleading – Forget American High School and showing off your legs, this is fun for all. Get shouting and waving those arms!

Team Building – get to know each other and hardly notice your raised heart rate!

Playground games – however long ago it was since you were at school you're bound to feel like a big kid when we play stuck in the mud, British bull dogs, hide and seek etc....!



Resistance Band Work Out– resistance exercises that really work with a small portable bit of rubber! This workshop provides a great insight into the kind of exercises that you can do at home, in your hotel room, in your garden, in a cupboard....wherever!

All classes are tailored for all abilities and so don't worry if you haven't exercised for years or if you're fairly fit, we'll make sure that you get the chance to push yourself as much or as little as you desire.