

## HAVING FUN KEEPING FIT.

If you remember “heads, shoulders, knees and toes” from your school days you would get the idea what Revitalise is all about. Low impact exercise. Bathurst University of the Third Age (U3A) conducts two Revitalise classes each week, both providing fun and exercise for over 50’s.

The one-hour classes are held each Tuesday and Thursday morning at 11.30 at the Dedicated To Fitness (d2f) gymnasium. The class facilitator is Pixie Lincoln, and the classes are conducted by Personal Trainers at Dedicated to Fitness.

Regular vigorous movement helps our bodies do what they were designed to do. Exercise helps bodies to detox. Lymphatic systems are our bodies’ drainage systems, helping remove waste from the blood. However, lymph doesn’t get pumped through the system by the heart the way blood does. It gets moved through other ways including breathing and muscle contractions, which is why exercise is so critical to the process.

Exercise is not just about weight loss. It’s about feeling stronger, more vibrant and more resilient. Research has shown that regular exercise is the most important factor to optimize quality of life today and maintain it in the future.

Regular exercise can also greatly reduce stress levels. U3A Revitalise participants also report that they have made great friendships through the classes.

Revitalise is just one of more than forty classes conducted by Bathurst U3A. For more information about U3A visit [bathurstu3a.com](http://bathurstu3a.com) or call the Secretary, Sue Lasky on 6331 6968.