



“Immune Boosting Exercises”

*presented by
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(Sport Scientist)*



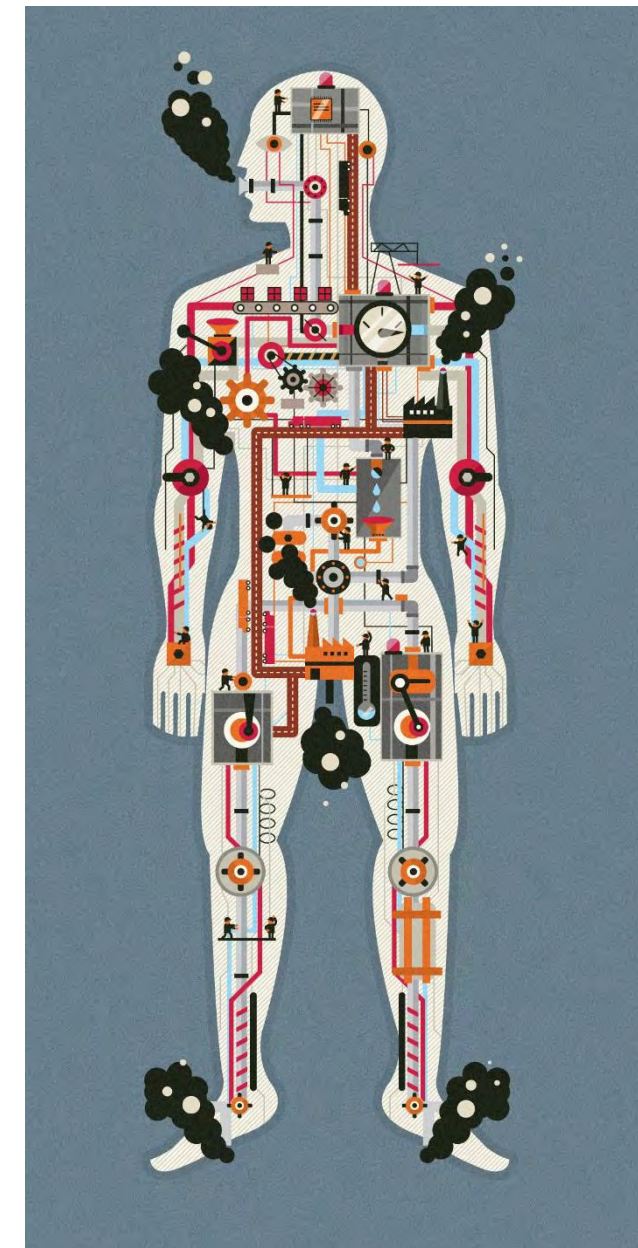
Wellness
CLUB

C A M A F
MEDICAL SCHEME

IN A CLASS OF ITS OWN

INTRODUCTION

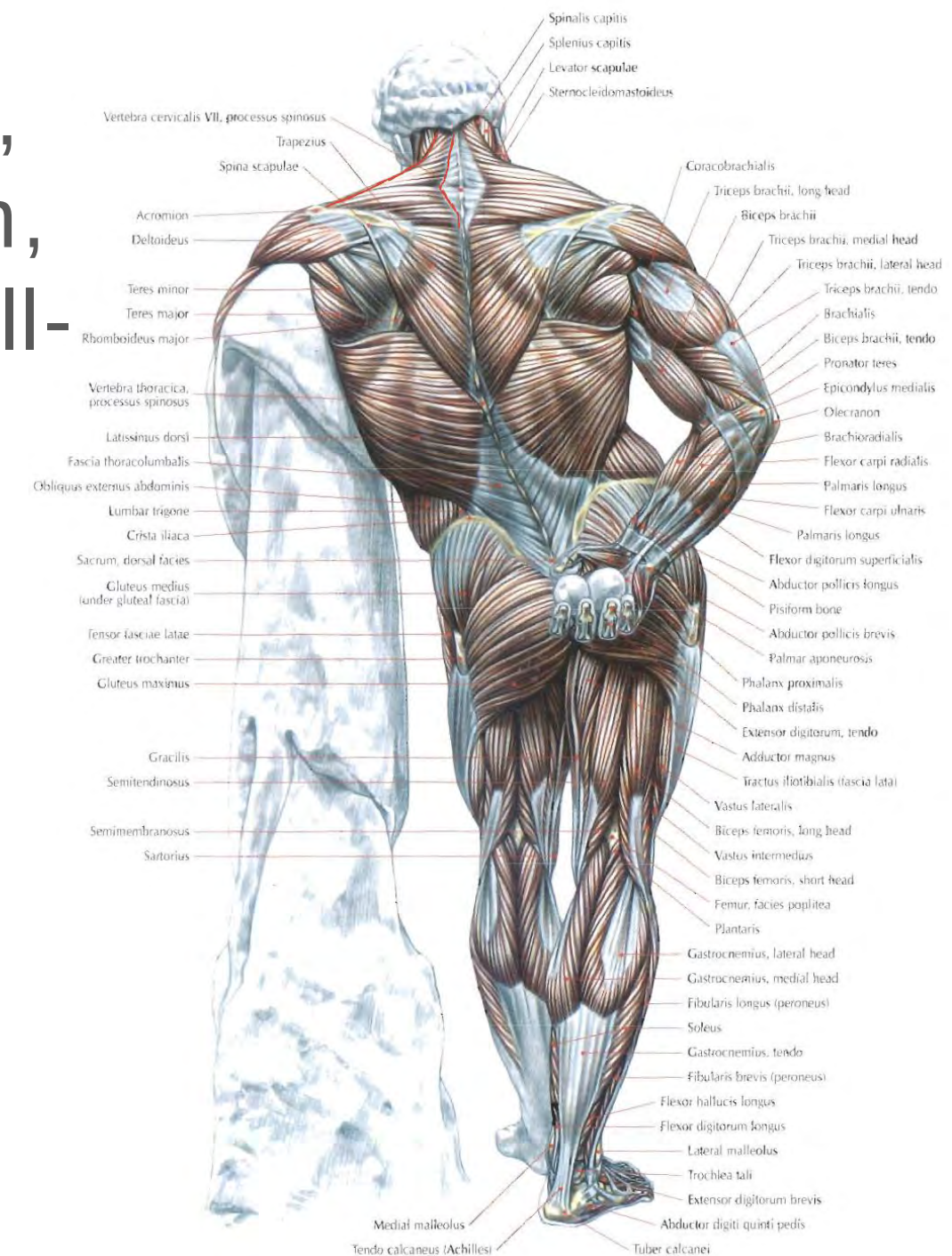
Exercise is crucial for immunity as it strengthens the immune system, increases circulation of immune cells, and reduces inflammation. Regular physical activity lowers the risk of chronic diseases, improves overall health, and enhances the body's defence against pathogens. Exercise is of utmost importance for maintaining a strong immune system and promoting overall well-being.



ROUTINE MAINTENANCE ON YOUR PERSONAL RUNNING MACHINE
CAN BE AND SHOULD BE PERFORMED BY YOU.
- KELLY STARRET

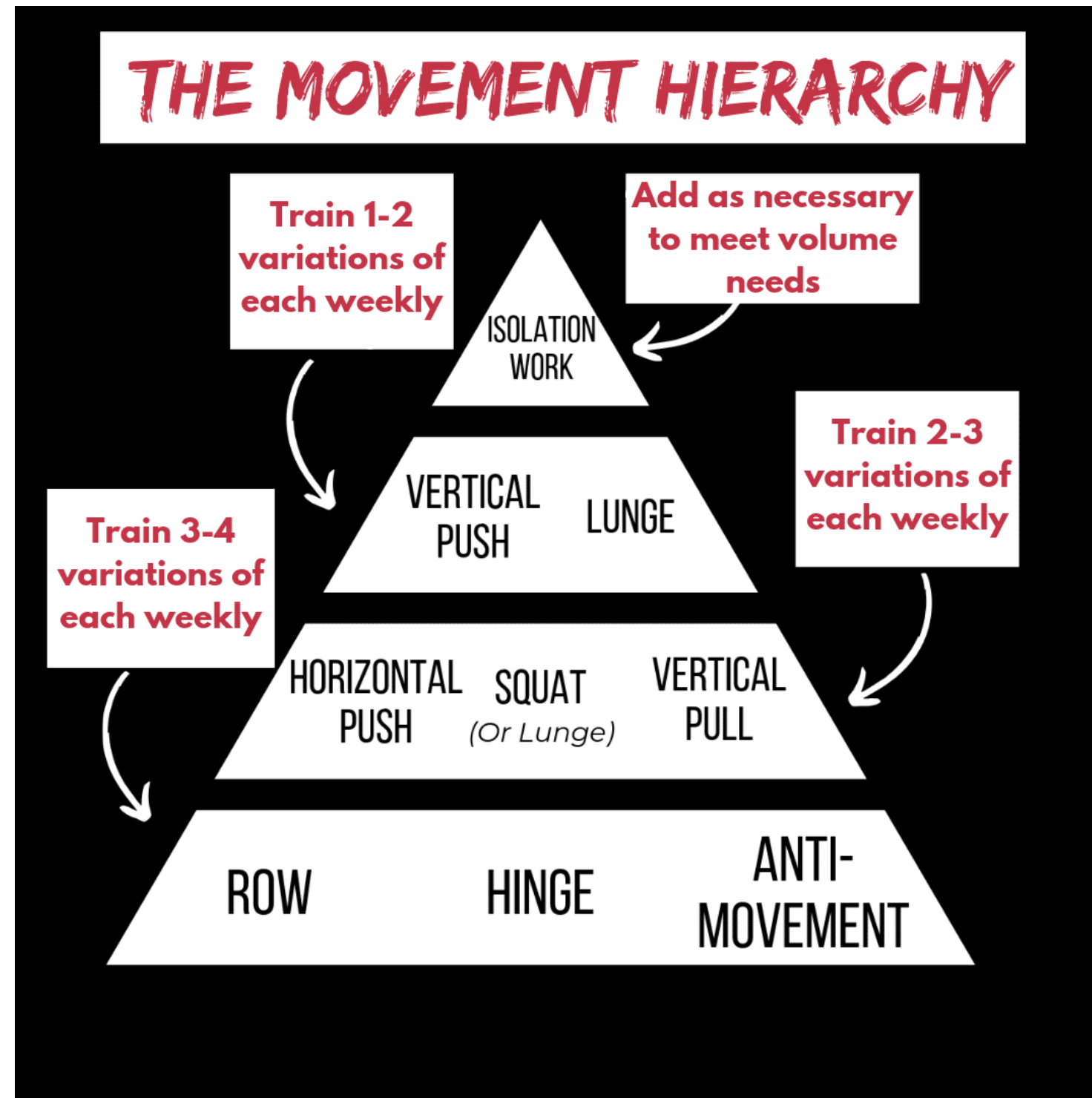
STRENGTH TRAINING

Strength training offers numerous benefits, including increased muscle strength and mass, improved bone density, enhanced metabolism, improved body composition, better mental well-being, improved posture and balance, and enhanced overall physical performance and functional ability.

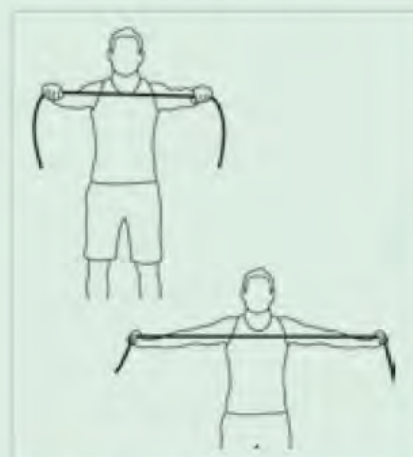


THE BIG 6 MOVEMENTS

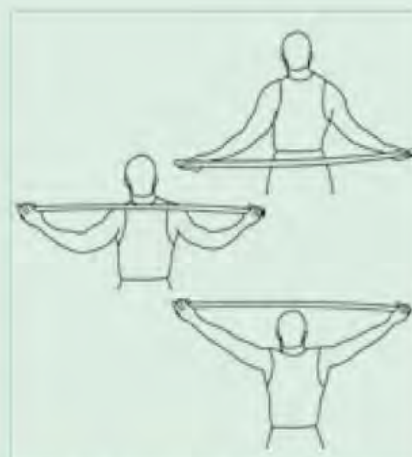
- SQUAT
- PUSH
- PULL
- CARRY
- HINGE
- LUNGE



BAND SEQUENCE



1. BAND PULL APARTS



2. UP & DOWN BACK



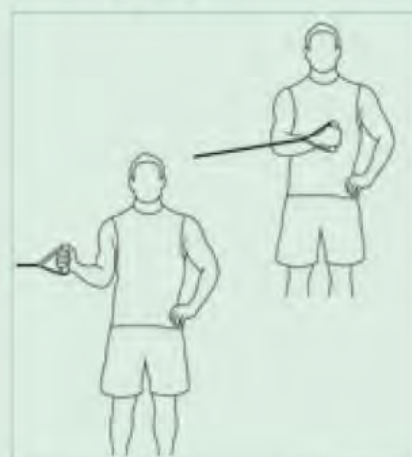
3. DISLOCATES



4. OVERHEAD STRAIGHT ARM



5. EXTERNAL ROTATIONS



6. INTERNAL ROTATIONS



7. ROWS



8. BICEP CURLS



9. SHOULDER PRESSES

Strength training with a resistance band benefits.

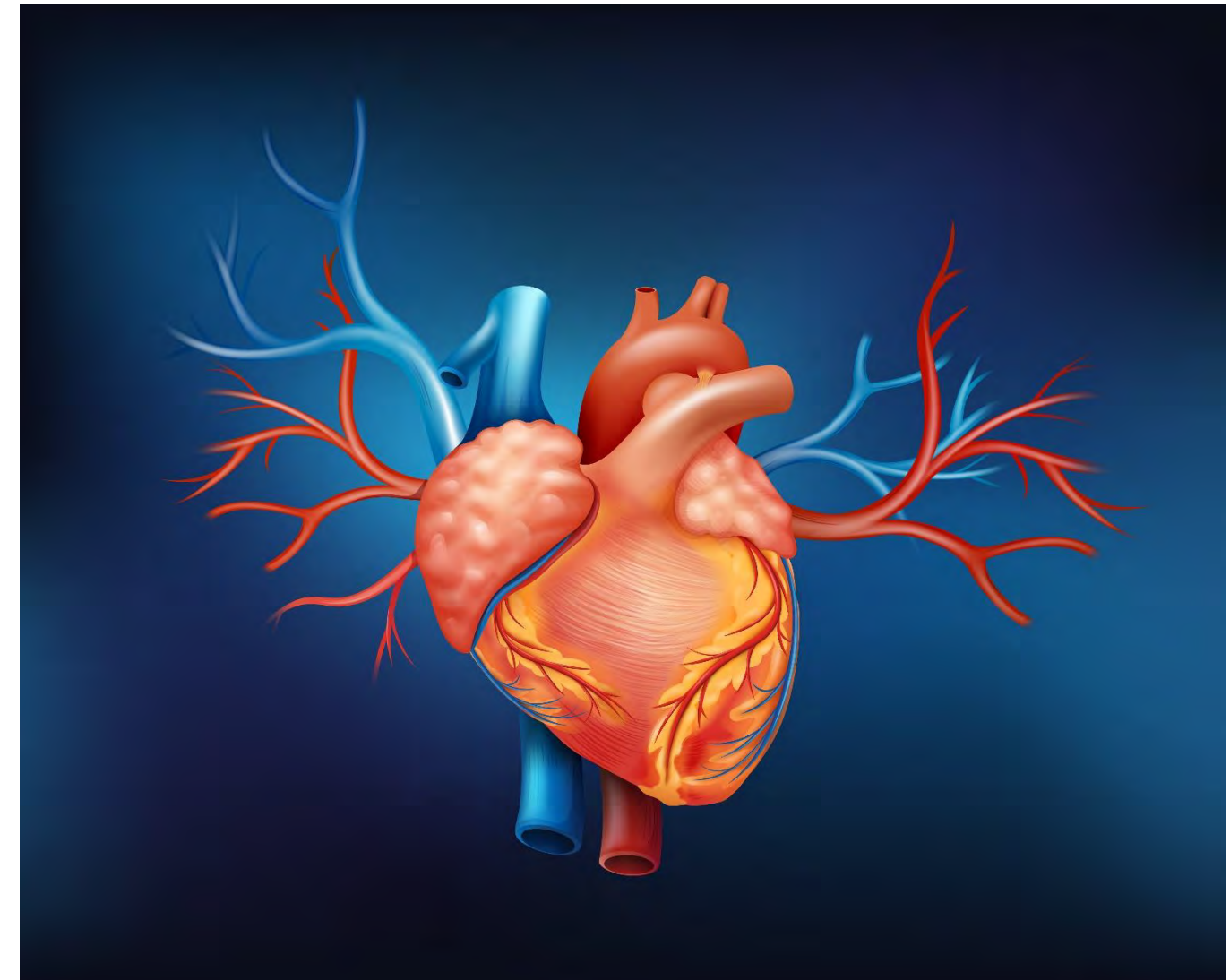
MOVEMENT IS MEDICINE FOR CREATING CHANGE IN A PERSONS
PHYSICAL, EMOTIONAL AND MENTAL STATES.

- CAROL WELCH



CARDIOVASCULAR TRAINING

Cardiovascular training improves heart health, enhances endurance and stamina, aids in weight management, boosts mood and mental well-being, increases energy levels, strengthens the immune system. It is a vital component of a healthy and active lifestyle.



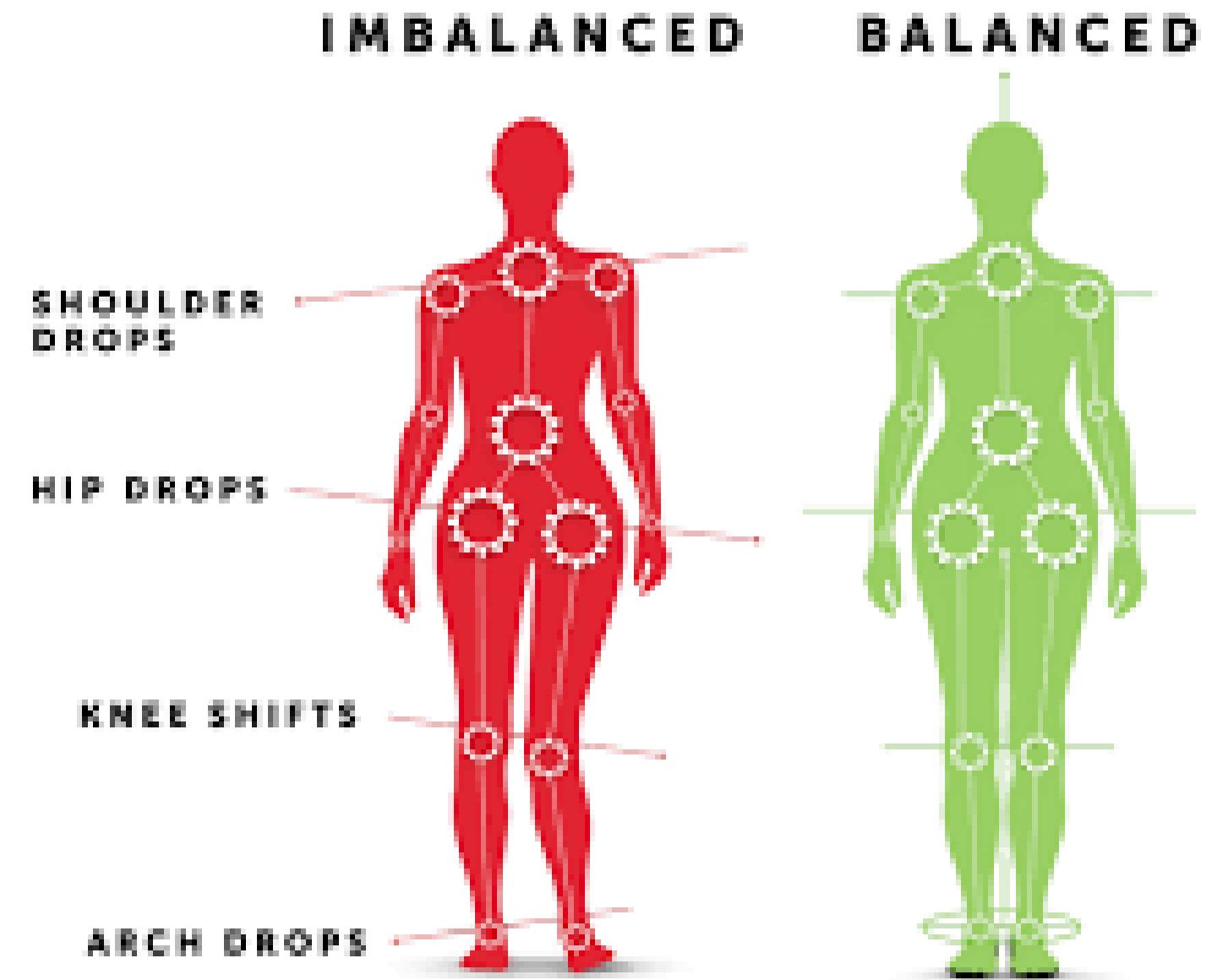


Walking improves cardiovascular health by increasing heart rate, stimulating blood circulation, lowering blood pressure, reducing cholesterol levels, and aiding in weight management. These benefits enhance heart function, promote better circulation, and reduce the risk of cardiovascular diseases.

DISCIPLINE EQUALS FREEDOM.

MOBILITY TRAINING

Mobility training offers multiple benefits, including improved joint range of motion, enhanced flexibility, better posture, increased body awareness, reduced risk of injuries, improved performance in physical activities, alleviation of muscle tension and stiffness, enhanced movement efficiency, and improved overall functional movement patterns for daily activities and exercise.



MOBILITY SEQUENCE



1. SQUAT



2. EXTERNAL ROTATION



3. INTERNAL ROTATION



4. 90/90 HIPS



5. SCORPION KICKS



6. DOWNWARD DOG



7. CAT COWS



8. SCAPULA PUSH-UPS



9. TABLE ROCKS

Create a morning or evening flow, brush your teeth and floss the body daily.



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Thank You

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