

Health Fitness Program

The **BeautyFull** Program

The **Beautyfull** Program is a Health Fitness and Weight Management Program for the adult ASPIRE ACTIVE female members, using international strategies and guidelines.

In light of the AA missions “*To ensure an active and healthy lifestyle for the society throughout Qatar by engaging the local community through a variety of classes and fitness opportunities*” the goals of the **Beautyfull** Program are to:

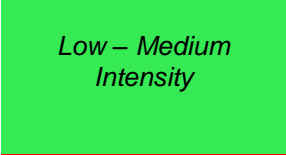


- Improve a person’s overall health profile.
- Reduce the number of individuals with overweight, obesity and healthy weight maintenance concerns.

Individuals undergo the *AA Health Check / Body Composition Analysis*. This profiles the member’s weight, body fat percentage, Body Mass Index (BMI). Reassessments are performed every 3 months.

These regular health checks help identify lifestyle aspects placing you at risks for future health related issues, and allow the documentation and tracking of progress towards a “healthier you”.

Levels:

Note: Recommendations dependant on Health Check / Body Composition Analysis results

- | | | |
|------------------|--|---|
| • Level 1 |  <i>Low – Medium Intensity</i> | For the Overweight / Obese + medium risk population |
| • Level 2 |  <i>Medium - High Intensity</i> | For the Overweight / Obese + low risk population |
| • Level 3 |  <i>All levels of Fitness</i> | For the Overweight + no risk population |

Back Fitness

This class addresses the needs of individuals with pre-existing back pain issues. The focus of the class falls on posture awareness and correction, strengthening back muscles and complimentary supporting muscles to prevent re-occurring injuries.

Body & Mind Fusion

Combination of relaxation methods to refuel physical and mental strength. Focus on dealing with reducing the strain and stresses of day to day situations calmly and serenely.

Chair & Core Conditioning

Workout with chair exercises to stabilize core muscles affecting the smaller muscles of the spine, pelvis and shoulders. A strong core helps re-distributing the stresses from weight-bearing and protects the back.

Circuit/Workout

Variety of strengthening exercises focused on toning muscles and improving the cardiovascular system. An excellent total body workout.

Core Movement

A fast-paced, non-choreographed conditioning class taught in a structured environment using a step and core-centric movements.

Easy Cycling

Enjoy cycling on special recumbent (laid back) bikes. These exercise bicycles allow you to sit in a relaxed position, while improving your cardiovascular system and fitness levels.

Gym Workout

*Note: This is not an add-on class in the **BeautyFull** Program*

Workout on special weight machines supplementary with complimentary exercise, the focus is on improving your cardiovascular endurance and the strength of major muscle groups.

Interval Workout

Used to improve performance by means of alternating high-intensity workout interval sections with low-intensity exercise blocks.

Walking

Walking done properly and regularly is the most efficient fat burning exercise. This weight bearing activity also helps strengthen bones and provides an overall workout for your muscles. Popular and beneficial low impact cardiovascular exercise.

Nordic Walking

This form of walking has shown, when performed correctly and consistently to beneficially impact on reducing high cholesterol and blood pressure as it burns calories. This low impact cardiovascular form of exercise can be seen as the follow-up challenge to enhancing your regular walking class routine.

Pilates

This special class focuses on a series of non-impact exercises designed to develop abdominal strength, flexibility, balance and improve postural alignment. Slow and controlled movements strengthen and lengthen muscles helping rebalance the body.

Aqua Running

The buoyant effect of water provides an optimum non-weight bearing workout environment. This class incorporates gentle aerobic exercise increasing cardiovascular expenditure and addressing daily aches and pains.

Note:

- *Aqua running in the Beautyfull Program is not an add-on*
- *A compulsory swimming test must be completed before qualifying to any aquatic course.*
- *Testing is evaluated individually. The decision of the instructor will remain final.*

BEAUTYFULL Support Groups:

Nutrition Group

A special weekly session with our ASPIRE ACTIVE Lifestyle Instructor for **BeautyFull** members. Weekly topics are presented, to inform on nutrition related information and how to create a positive lifestyle choices. Ask questions and share your experiences regarding food habits and nutrition issues under professional guidance and supervision.

Support Group

This monthly group provides our **BEAUTYFULL** members with information related to the effect of physical activity on the body and mind to encourage and sustain of regular long term physical activity. Learn how to achieve a holistic health approach incorporating physical activity with aspects of mental well-being and a balanced lifestyle