

**Lita Freegard  
Fitness**



LITA FREEGARD FITNESS



**Tips For A Better Class Experience  
Leading to Better Health**

**7 Simple Tips For Being Ready For A Class Which Ultimately Will Improve Your Health**



## **7 Tips For A Better Class Experience Leading to Better Health**

- 1. Be brave and make contact with your instructor**
- 2. Please feel free to ask questions**
- 3. Leave home with plenty of time to arrive at class**
- 4. Always bring a drink of water**
- 5. Wear comfortable clothes to move in**
- 6. Advise the instructor of any health changes since your referral**
- 7. Advise the instructor if you have any medication changes**



## ***Bonus Tips***

- **Exercise with those with similar health conditions**
- **Listen to your body and do what you can.**
- **Try and be active more daily (tap you toes to a good tune)**
- **Have fun and enjoy!!**

