



FITNESS FEATURE



CLASS HIGHLIGHTS

- Be sure to check out our new **Line Dancing with Wanda** on Wednesdays at noon.

Our amazing dance instructor, Wanda, will lead you through a safe and fun class where you will learn new dance steps and workout to great music!



- Members attended an in depth workshop on **"Diabetes Prevention"** hosted by Dana Rizzo, RN, bSn, RN-ACM.



MEET SUNITA GOPALANI

Sunita has been practicing yoga since 2007, what started as a way to stay healthy became a journey of learning and led to the 200 hour teacher certification with Health Advantage Yoga Center. Over the years of practice, she has explored the various forms of yoga



available in our area (Baptiste, Ashtanga, Vinyasa flow, Bikram and Iyengar yoga and Bikram).

She finds that yoga keeps her connected to her Indian roots. The philosophy of being present and connecting with the breath resonates with her the most and kindles her interest to deepen her practice.



You can catch Sunita's Yoga class **Thursday mornings at 7am!**

UPCOMING EVENTS IN OCTOBER



- Please be sure to attend the free workshop on **"Strokes and CVA and signs and symptoms"** on Wednesday, October 8 at 1pm in Studio A hosted by Dana Rizzo, RN, BSN, RN-ACM. No registration required.

- Please be sure to attend the **YMCA Fairfax County Reston's 25th Anniversary Jubilee** event on Saturday, October 25 from 3-6pm. This is a free event open to both members and non members. There will be various activities for both adults and children. Our main fitness event will be Line Dancing with Kristen Pierce from 5-6pm in Studio A/B.



FITNESS TIP

Exercising when you are sick:

Whether to exercise while sick depends on your symptoms; light activity may be fine for mild symptoms, but rest is crucial for more severe illness.

GENERAL GUIDELINES

1. **The "Neck Rule":** This rule helps determine whether it's safe to exercise based on your symptoms. If your symptoms are above the neck (e.g., runny nose, sore throat, mild headache), light to moderate exercise may be acceptable. However, if you have symptoms below the neck (e.g., chest congestion, fever, body aches), it's best to rest.
2. **Avoiding Exercise with Fever:** If you have a fever, especially one over 101°F (38.3°C), you should avoid exercise. Exercising with a fever can raise your body temperature further and worsen your condition.
3. **Listening to Your Body:** It's essential to pay attention to how you feel. If you feel fatigued or unwell, it's better to skip your workout. Engaging in light activities like walking or gentle yoga can be beneficial if you feel up to it.

