

## Polefit Classes

Many adults are still not participating in regular physical activity: The 'Women's Sport and Fitness Foundation' found in a survey that only 39% of women over the age of 16 are participating in physical activity. This number needs to be increased because it is claimed that by 2010, 30% of Scottish women will be obese. However, not everyone wants to go for a run or head to the gym, so what are the options?

It is important that we embrace new forms of exercise to attract 'new' exercisers to be physically active. Dance has become increasingly popular over the last decade as it offers great health and fitness benefits. The latest style to explode into the Health and Fitness Industry is Fitness Pole Dancing.

Fitness Pole Dancing is now a recognised form of exercise; it offers a great aerobic and muscular strength workout. It is not only a form of Dance but a form of Gymnastics and is now regarded by many as a performing art. Fitness Pole Dancing can be seen in cabarets, stage performances and circus; none more famous than the Cirque du Soleil.

Fitness Pole Dancing is for everyone; from the complete beginner to the more advanced. The repertoire of spins, tricks and inversions is endless and everyone can benefit from the exercise and most importantly have fun!

### Benefits

burns Calories    improve muscle tone    reduced body fat    improve muscle strength  
improve flexibility    increase self confidence / self esteem  
improves co-ordination



Fitness Pole Dancing is exciting, fun and challenging for all levels of ability.

For some more information on classes near you see:

[www.verticaldance.com](http://www.verticaldance.com)

[www.polestars.net](http://www.polestars.net)

[www.dundee.ac.uk/ise/fun/whatwedo/begood-dance.php](http://www.dundee.ac.uk/ise/fun/whatwedo/begood-dance.php)

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