



Classes get Ipswich hearts moving

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24 April 2007, Take your first step towards a healthier heart during National Heart Week (29 April to 5 May) with free classes at the University of Queensland's Ipswich campus.

The classes will be offered as part of the Heart Foundation's effort to promote a healthier lifestyle and reduce the risk of heart disease in local residents.

"Our classes are conducted in a safe environment and are perfect for those who don't exercise regularly," Heart Moves program coordinator Robyn Tyler said.

"Life threatening heart attacks are more common than people think and they don't just affect the elderly.

"Those at high risk include people with high blood pressure, high cholesterol, diabetes, those who are sedentary and who have a family history of heart problems."

"Keeping active is the best form of prevention, our classes help people do that and cater for people with or at risk of heart disease," she said.

The free 30 minute classes will be held from Monday to Thursday at 9am and 10am during the first week of May, and include free weights, aerobics, relaxation, an information session and morning tea.

Each session is conducted in a group format and will be taken by Ms Tyler, an accredited Heart Foundation instructor.

Regular Heart Moves classes will also run throughout the week with participants encouraged to bring a friend along for free.

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