



“DIABETIC” EXERCISE

Fitness specialist offers tips for “Exercising with Diabetes”.

“Diabetics should try to avoid exercising in weather that is too hot or too cold because they are especially susceptible to heat or cold injury,” says the trainer.

“Exercise by itself is not the way to treat diabetes. Your care plan should include working closely with your doctor to achieve a balance between medication, diet and exercise.”

Tips are found online.

Specialized classes and health professionals available at the centre located in Naxxar.

For information, contact:

Yue on 2258 9800



“BACKBEND”

Fitness specialist recently hosted a “Backbend” workshop.

“We sometimes feel we’re gonna hurt our necks or create more pain in the spine if we move deeper or further beyond our comfort zone,” says Annelique Fjære.

“However, there are safe ways to explore your spine’s possibilities.”

Backbends improve posture, increase spine flexibility, stretch abdominal muscles, increase oxygen levels and help to alleviate back and neck pain.

Workshop was held at the workout centre in Sliema.

For information, contact:

FreeMyMe @freemye



One source to **fitness news** in Malta and Gozo, get more [here]

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“BACK PACKS”

Specialist in fitness apparel offers “workout” items.

“Designed to go anywhere and handle anything,” says the specialist.

Available are backpacks, water bottles running shoes for kids, teens and for adults.

Brands include Nike, as well as, Under Armour, Up2 Glide, Lotto.

Stores located at The Landmark in Qormi (next to Kiabi) and on Burmarrad Road (right behind Kiabi) are open all day.

For information, contact:

Go Sport on 2144 7736



“PILOXING”

Adult fitness class, “Piloxing” is now available at the gym.

“Our curriculum encourages progress on an individual basis based on the student's own progress,” says the instructor.

Piloxing is a non-stop, cardio fusion of standing pilates, boxing and dance.

Class is held Monday 5pm and Thursday 6pm.

Located in Zebbug, gym offers changing rooms, showers, waiting area, as well as, a self-service cafeteria.

For information, contact:

GymStars on 2146 1444





“MORNING” YOGA

Gym will begin offering early morning “Yoga” class.

“Outperforms aerobic exercise at improving balance, flexibility, strength, pain levels among seniors,” says Conrado Enrique, the instructor.

Available Monday, Wednesday and Friday at 6am.

Held at the workout facility located at Fort Cambridge, Tigne in Sliema.

For information, contact:

Fort Fitness on 2133 9554



“HOT” YOGA

Heated yoga studio is now also available in Mosta.

“Room is heated in order to warm up the muscles enabling you to go deeper into the postures and more safely,” says the instructor.

“Vigorous routine along with the heat increases the heart rate leading to calorie burning and more fresh oxygenated blood is circulated throughout your body.”

Suitable for beginners, class is of 90 minutes.

Studios are located in Sliema and Mosta.

For information, contact:

Hot Yoga Malta on 7990 7453

