

# SOUTH BAY SURVIVORSHIP CONSORTIUM

To improve the quality of care for cancer survivors in the South Bay

## SELECTED LOCAL AND AVAILABLE RESOURCES FOR GETTING AND STAYING FIT

### Beach Cities Health District Center for Health and Fitness

Call: 310-374-3426, ext 147

Website: <https://www.beachcitiesgym.org/>

Free on demand classes on YouTube

[https://www.youtube.com/playlist?list=PLBJD64KWm7XAh6p0eaBIUSEo5N\\_0qwJdv](https://www.youtube.com/playlist?list=PLBJD64KWm7XAh6p0eaBIUSEo5N_0qwJdv)

Classes include but are not limited to yoga, Zumba, mindfulness, Tai Chi, mat Pilates, mobility

Virtual live classes - \$32 month for Unlimited access

<https://beachcitiesgym.org/virtualgroupexercise>

Virtual personal training

### Cancer Support Community Redondo Beach

Call 310-376-3550

Website: [www.cscrb.org](http://www.cscrb.org)

There is no cost for classes. Some of which are weekly and others monthly. Classes include but are not limited to yoga, Tai Chi, balance, reiki

### City of Redondo Beach

Call: 310-318-0650

Website: [https://www.redondo.org/depts/recreation/seniors\\_family/programs\\_n\\_classes.asp](https://www.redondo.org/depts/recreation/seniors_family/programs_n_classes.asp)

Free Live Online Zoom Classes and recorded classes

### City of Torrance

Call: 310-328-5310

Website: <https://www.torranceca.gov/services/virtual-recreation>

Free daily workouts and videos available

### Torrance Memorial Medical Center

Call: 310-517-4666

Website: [www.torrancememorial.org/classes](http://www.torrancememorial.org/classes)

Rates range from \$36 for a 4-week class to \$72 for an 8-week class. Discounts are available for Advantage members, THIPA members and Torrance Memorial Physician Network patients.

Classes include but are not limited to a variety of types of yoga, Tai Chi, Chair yoga, and dancing.

### Online

6 Sites offering workouts online for midlifers and seniors

<https://www.vivafifty.com/online-workouts-midlife-seniors-12174/>

AARP, BeFit on YouTube, Grow Young Fitness (membership), Be Healthy Enough (membership), The Nourished Body (membership), Silver Sneakers (membership, free membership through some insurers)

### ElderGym

<https://eldergym.com/exercises/>

Free Exercises For Seniors And The Elderly

### YouTube

## **Picking an At-Home Exercise Program**

Before starting any exercise program please check with your physician or healthcare provider.

Below are a few things to consider when evaluating on-line workout programs:

### **How much time and space do you have?**

A couple of short sessions throughout the day may be as effective for boosting your heart health and fitness level as sweating through one longer session, according to research published in the Journal of the American College of Nutrition. Every bit of activity will help you reach the recommended 150 minutes of physical activity a week. Chris Gagliardi, a certified personal trainer and the scientific education content manager at the American Council on Exercise, says “do what you can when you can ... bouts of activity of any duration have health benefits.”

### **What is your workout goal?**

“The most beneficial type of workout is the one you enjoy,” Gagliardi says. “While sticking with one type of activity can help you build a routine, home sessions may help you discover something new you like!” If you haven’t been working out regularly, starting off with a 45-minute, full body functional training circuit on your first day may not be motivating to come back the next day. Read the description and comments on the video to make an informed decision.

### **Match your fitness level to the workout intensity.**

If you haven’t exercised in decades, a high-intensity workout is not the place to start. Not only can it be challenging to keep up but you may end up feeling frustrated. Start with a less intensive workout that will allow you to be successful. This will help bring you back the next day for another workout. Watch the video before you try it to see if it matches your interest and activity level.

### **What are you interested in doing?**

Don’t know what workout you will enjoy? Try a different type of workout video every few days. Try routines put together for your current fitness level so you don’t injure yourself in the process.

### **How much equipment and space do you have?**

Does the video you have chosen suggest you have specific equipment or props available? Many at-home videos only require props or minimal equipment that can be found or are easy to keep at home. You don’t want to leave the workout during the program when you realize you don’t have something. It’s also important to check if you need more space than you have available to complete a workout.

### **Consider the instructor and platform.**

Take care about where you watch your workout video and who the instructor is. For example, if you’re using YouTube verify the account is a legitimate source before trying the workout. Review comments to judge what the instructor was like. Are they motivational? Do they explain exercises at every step or simply gave counts? Connecting with your instructor can motivate you to enjoy and continue your workout. Choose a coach who has the education and certifications that are most in line with your goals.