

My doctor says exercise will help me with a specific problem

- *So I want to try it* -

Regular exercise brings an enormous number of well-documented benefits to your health. The first step on the road to better health is to seek the advice of a medical practitioner, then see what ActivCity has to offer you.

For more advice on how ActivCity Stuttgart can help you improve your health, see the simple tips below.

Or better still, download a [printable voucher](#).

The heart of good health

If you want to feel better, than exercise is one of the keys to physical and mental wellbeing. Following an appropriate personal program can help improve your general health, make your heart work more effectively, and even help you sleep more easily. Just remember not to push too hard.

'I need a balanced workout...'

Our fully qualified fitness professionals are the right people to help you devise a personal program that will help you build your strength, aerobic fitness and your flexibility. You can set your own goals and work at your own pace - no one will push you to do more than you feel comfortable with.

'I would like a healthier heart...'

Exercise can help prevent heart disease and other ailments connected to the performance of the heart. Aerobic exercise

makes the heart work easier, and as a result, it doesn't have to pump so hard to get your blood around your body. Any exercise which increases your heart rate will help to strengthen your heart. So every time you step on a treadmill, bike or cross-trainer, you'll be helping your heart get fitter and healthier.

'I feel stressed all the time...'

Many doctors prescribe physical exercise as a first course of action in the treatment of stress-related conditions. Vigorous physical activity helps to relieve the symptoms of anxiety, and can even counteract it through the production of 'happy hormones'. If you find it difficult to get started with strength training, then one of our group classes could help to motivate you, and make your workout more fun. Circuit classes could be ideal, with a balance of aerobic and strength exercises supervised by an instructor all helping to strengthen your body.

'I'm not all that mobile, can I still exercise?'

HiT- Training is a great place to start exercise. The stronger you get you will feel your bodyweight lighter every week and there's nearly no impact on your joints while exercising. The resistance that machine training offers helps you improve your muscle strength, and the benefits to your heart and lungs are almost endless. ACTIVCITY STUTTGART could be just the thing for you – 30 minutes once or twice a week.