

FITNESS FEATURE



MEET DEBORAH YANG...



Deborah is a certified fitness instructor with 20+ years teaching group and individual classes. At the Reston Y she teaches a variety of classes including Gentle Yoga, Seated/Standing Tai Chi, YFit4Life and Forever Fit Chair. She loves to share her expertise in guiding students to achieve their fitness goals and makes sure they have fun doing so! Deborah enjoys Tai Chi, Yoga, reading, biking and traveling. She will greet you with a welcoming smile! **Just pick up a group exercise schedule and try her classes!**

EVENTS THAT OCCURRED IN NOVEMBER

HALLOWEEN AT THE RESTON Y:

Our staff gave a warm welcoming to members on Halloween. They popped in on group fitness classes and joined the fun. They also walked around spreading the Halloween vibe!



FRIDAY NIGHT HOLIDAY DANCE PARTY:



Our talented dance instructors including Wanda, Ileana, Deborah W., Brittany, Lien and Ivory threw a dance party to remember for our members! They spread their holiday cheer with formats such as Zumba, LA Blast and Xtreme Hip Hop. We love our group fitness instructors and all they do. Once again please be sure to pick up a class schedule and take their classes!

SAFETY TIPS THIS HOLIDAY SEASON

'Tis the time to celebrate! We know the holiday festivities that are to come. Please enjoy and be merry...but remember to have a designated driver if needed or use an Uber. The Y cares and we want you to enjoy while being safe!

Spread kindness this holiday season. There are simple ways to do so without much effort:

1. Open the door for someone.
2. Be friendly to those that you don't know.
3. Be patient when waiting on line at stores. Yes we all need to be somewhere but the store clerk is trying to do the best they can.
4. Always be kind to yourself. When we respect ourselves we also do so for others.

FITNESS TIP



What is a Squat?

The squat is an effective exercise for strengthening the leg and back muscles. It can also improve core strength. The exercise requires practice to learn proper form that will reduce the risk of injury. There are many variations of squats, each of which offers different benefits.

What are the Benefits of performing a Squat?

- Strengthens your core...
- Reduces the risk of injury...
- Crushes calories...
- Strengthens the muscles of your lower body...
- Boosts athletic ability and strength...
- Variety helps with motivation...
- Can be done anywhere.



How to Do a Squat Properly:

Stand with feet about shoulder-width apart, toes facing front. Engage your core, hinge at the hips. Drive the hips back, bend at the knees and ankles, and press your knees slightly open as you sit down into a squat position, keeping your heels and toes on the ground, chest up, and shoulders back. Then then stand up driving through your heels.