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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try one of these New
Age Exercises this week!



**Corporate Bodies
International**

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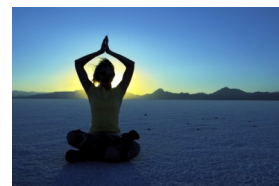
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This fortnight's healthy topic...

New Age Exercise



Tai Chi

Combines mind, body and spirit in a self-paced method of gentle physical activity that balances the body's energy system.

Benefits of Tai Chi

- Promotes balance and coordination, reducing risk of injury & falls
- Increases flexibility
- Reduces stress, anxiety and emotional tension
- Helps to manage health conditions such as arthritis, blood pressure, poor circulation and coordination

Pilates

Aims to balance the body's musculature through strengthening and stretching muscles, while focusing on trunk strength and good posture.

Benefits of Pilates

- Increases strength and flexibility
- Improves balance, coordination and posture
- Improves and develops muscle tone
- Enhances core strength, stability and body awareness

Yoga

All types of yoga focus on controlling breathing and controlling the body through various poses.

Benefits of Yoga

- Increased flexibility, balance, muscle tone and strength
- Reduction of stress and anxiety
- Can assist with chronic health conditions such as asthma, depression, back pain, osteoarthritis and osteoporosis
- Improved concentration and focus

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**