

RAISE in Action

Try Line Dancing Lessons and Zumba Classes with PASO.

Line Dancing Lessons happen on Monday's from 6:30 pm to 8:30 pm.

Zumba Classes take place on Friday from 6 pm to 7 pm.

Both classes take place at the Philippine Cultural and Civic Center which is located at 1975 W. Ridgewood Dr., Parma, Ohio 44134.

You can check out other events and classes at <http://www.philamohio.com/events/>



Healthy Eating Active Living

There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven't been active in a while, start slowly and build up. Do what you can; some physical activity is better than none.

- Aerobic activities make you breathe harder and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity levels, and range from 60-85% of your [maximum heart rate](#). A general guide to use: For moderate activities you can talk, but you can't sing. With vigorous activities, you can only say a few words without stopping to catch your breath.
- Muscle-strengthening activities make your muscles stronger.
- Bone-strengthening activities make your bones stronger and are especially important for children and adolescents, as well as older adults.
- Balance and stretching activities enhance physical stability and flexibility, which reduce the risk of injuries.



For more ideas about how to include activity in your daily lifestyle check out <https://www.hhs.gov/fitness/be-active/ways-to-be-active/index.html>.