

St. Cecilia's Public School
Aerobics and Fitness
DATE: 18 March, 2023
ORGANISED BY: Dance Department of the school
ATTENDED BY: All Teachers



A proactive workshop on “Aerobics and Fitness” was organised in the school on March 18, 2023, in the morning, from 10.30-11.30 am. The trainer for the session was Ms. Sunita Negi, Dance teacher, who very well conducted the enterprising and dynamic session. The participation by the teachers was quite wholesome, benefitting one and all.

The session began with a brief introduction by the trainer regarding the usefulness of Aerobics and its requirement in one's routine to bring out stellar results. The whole session was combined with rhythmic tunes to facilitate movements in a quick manner.

The movements grew from basic and simple walking to static side exercises using hand gestures. These were followed by hopping on the same spot and twisting in a circle that are advantageous for blood flow in the upper part of the body. Further lunges were incessantly practised that had specific target points including leg muscles, thigh muscles and lower calf muscles. The next in line were sets of exercises including rowing and cycling performed strenuously so as to cause marked temporary increase in respiration and heart rate.

The training routine was accomplished with the goal of improving all elements of fitness. The session very successfully accentuated agility among the teachers and was successfully concluded with allowing free style contemporary dance form suited to the comfort level of the teachers, establishing relaxation in their body and mind.