

Lifelong fit

Design a Program Specifically to Keep You fit for Life!

	FACT	FICTION
Working out is only for people who want to lose weight.		Nope! Physical activity is crucial for everyone's health and wellbeing.
Cardio can help improve brain function as well as heart function.	Yup! Cardio training can help improve mood and cognitive capacity, just as it can help lower BP and cholesterol levels.	
I don't have enough energy anymore to work out.		Exercising has been proven to actually BOOST energy!
It is safe to exercise with bone, soft tissue, or joint conditions.	Definitely, we made sure to consider common aches and pains you may have, and selected exercises that are safe and beneficial for you.	
A brisk walk a day is all the exercise I need.		Yes, walking is a great heart-pumping and social experience, but don't miss out on all the other benefits of strength and flexibility training.
Yoga and Pilates should be incorporated into everyone's fitness routine.	Absolutely! These modes of exercise are linked to reduce blood pressure and anxiety, and improve joint health, balance and stability.	
Muscular training is only for people who want to bulk up.		Strength training does more than just building muscle. It can help to prevent osteoporosis, improve your functional strength, and combat sarcopenia.
Exercising can help prevent my risk of falling.	Yup! Exercising helps strengthen muscles, improve balance and mobility.	
I never worked out before, I won't know what to do.		HQ is here to help! We have created a well-rounded schedule of options for you, and our trainers are eager to answer all questions!