

# Looking to get stronger and more fit?

Join Otago: a **FREE** exercise class on Zoom

Otago is an evidence-based strength and balance group exercise class, offered free on Zoom. All of the exercises can be modified for different fitness levels.

Otago meets 1x/week for 8 weeks. Each class is 30 minutes long. You don't have to turn on your camera to join in and no equipment is needed. Registering after a session has started is okay - you can join in any time.

This class is offered specifically for those living with HIV, members of the LGBTQ community, as well as their friends and allies.

## Why should you join Otago?

- Exercise improves your physical health: strength, endurance, and flexibility
- People living with HIV may have conditions like neuropathy or fatigue that can be improved with exercise
- Participating in exercise, especially in a group, improves mood and reduces depression and anxiety

What do Otago participants say about the class?

"Otago is a safe, science-based workout that can be modified to fit your needs, makes you sweat, and lets you feel terrific & accomplished after."

## Otago classes are offered at these times:

- 11:00-11:30 am CT on Tuesdays (July 19 - September 6)
- 3:00-3:30 pm CT on Fridays (July 22 - September 9)

Sign up to participate: [www.cje.net/otago](http://www.cje.net/otago)



## Questions?

Contact Andy Rapoport: 773-508-1055 or [andy.rapoport@cje.net](mailto:andy.rapoport@cje.net)