

**Fwd: Fitness Demonstration on April 18, 2:00-3:30PM at Edward Wan's House**

From: "eiwan44@aol.com" <eiwan44@aol.co... [View Contact](#)>  
To:

Wed, March 24, 2010 9:54:39 AM

-----Original Message-----

From: J-Y Tsai <jttraining@gmail.com>  
To: eiwan44@aol.com  
Sent: Wed, Mar 24, 2010 10:03 am  
Subject: Re: Fitness Demonstration on April 18, 2:00-3:30PM at Edward Wan's House

Hi Edward,

Thank you for the announcement.

Safety is the most critical consideration in any exercise program. The first thing to do for anybody interested in starting resistance or aerobic training program is to have doctor's clearance for exercise. I can't overemphasize the importance of that. If our member's doctor is against any particular type of exercise, I would like to know that in advance. Please give this request to member interested in participating our fitness demo and ask them to contact me if there is any questions. Thanks.

Jen

On Tue, Mar 23, 2010 at 9:18 PM, <eiwan44@aol.com> wrote:

Dear All,

At last year's CCAA annual meeting, we had a fitness expert, Dr. Jen Y Tsai, to give us an interesting fitness demonstration. Dr. Tsai is a NIH microbiologist turned certified fitness trainer. He happens to be a Chien Chung alumni (class 1979) and is very interested in teaching fitness classes for CCAA members. Originally, we wanted to invite Dr. Tsai back to give us another demonstration which was scheduled on January 30, but the demonstration was postponed due to the snow storm. Now Dr. Tsai is back and he also enjoyed meeting CCAA members during the recent Spring Party.

After checking both of our schedules, we mutually agree that April 18 (Sunday) will be the best date for him to give us a fitness demonstration. For those of you who had expressed interest in joining the fitness classes, please make an effort to come. The demonstration and fitness class will last for approximately one and half hour.

Dr. Tsai recommended the following equipments for fitness exercise including the flexible tubing and exercise mat:

For ladies, get an extra light tubing (yellow) and a light tubing (green) with door attachment

[http://www.amazon.com/SPRI-DELUXE-XERTUBE-Yellow-Light/dp/B0016A6PMU/ref=pd\\_sim\\_sg\\_4](http://www.amazon.com/SPRI-DELUXE-XERTUBE-Yellow-Light/dp/B0016A6PMU/ref=pd_sim_sg_4)  
[http://www.amazon.com/SPRI-ES500R-Resistance-Attachment-Exercise/dp/B0000AJ04V/ref=pd\\_sim\\_hpc\\_1](http://www.amazon.com/SPRI-ES500R-Resistance-Attachment-Exercise/dp/B0000AJ04V/ref=pd_sim_hpc_1)

For guys: get a light (green) and medium (red) with door attachment:

[http://www.amazon.com/SPRI-DELUXE-XERTUBE-Green-Light/dp/B0016A4HOS/ref=pd\\_sim\\_hpc\\_5](http://www.amazon.com/SPRI-DELUXE-XERTUBE-Green-Light/dp/B0016A4HOS/ref=pd_sim_hpc_5)  
[http://www.amazon.com/SPRI-ES501R-Resistance-Attachment-Exercise/dp/B0000AJ050/ref=pd\\_sim\\_hpc\\_](http://www.amazon.com/SPRI-ES501R-Resistance-Attachment-Exercise/dp/B0000AJ050/ref=pd_sim_hpc_)

It costs \$9-11 a piece.

You can get yoga mat as well.

[http://www.amazon.com/Inch-Ultra-Thick-Yoga-Mat/dp/B002SVFBSU/ref=sr\\_1\\_3?ie=UTF8&s=hpc&qid=1269389566&sr=1-3](http://www.amazon.com/Inch-Ultra-Thick-Yoga-Mat/dp/B002SVFBSU/ref=sr_1_3?ie=UTF8&s=hpc&qid=1269389566&sr=1-3)

It costs around \$15.

If you are interested in coming, please RSVP to me by April 15.

We look forward to seeing you on April 18.

Best Regards

Edward Wan  
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