



Sneaker News

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Special points of interest:

- 4th Anniversary Celebration, Friday, November 12th, 10-11am (no fitness class)
- Aging Gracefully Seminar, Monday, November 22nd, 10-11am (no fitness class)

SilverSneakers® Anniversary!

This November, we are celebrating the 4th Anniversary of SilverSneakers® being a part of our fitness center!

We will be hosting an anniversary celebration on Friday, November 12th, from 10-11am, in the group fitness area. No need to bring anything but yourself. Come mingle with fellow SilverSneakers® and senior members, instructors, and others who have been instrumental in supporting the SilverSneakers® program being one of our most-loved fitness programs.

The SilverSneakers® Fitness Program is a nation-wide program offering greater independence and healthier living to older adults. Did you know that by being a SilverSneakers® member, you get access to all of the following?

- Access to conditioning

classes, and exercise equipment

- Customized SilverSneakers® classes designed exclusively for older adults who want to



improve their strength, flexibility, balance, and endurance

- Health education seminars and other events that promote the benefits of a healthy lifestyle
- A specially trained Senior AdvisorSM (Kari Wallentine) at our fitness center to introduce you to SilverSneakers® and help get you started
- Member-only access to online support that can help you lose weight, quit smoking, or reduce your stress

Don't qualify for SilverSneakers® through your insurance? No problem! We actually have several members of our fitness center that take advantage of our classes, socials, and seminars. If you're not already involved with us, please visit with our front desk about a senior membership and get started today!

SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Don't miss out! Sign up with us today!

And don't forget to join us on Friday, November 12th from 10-11am for our anniversary party!

Thank you for being a part of our fitness family!

Source:
www.silversneakers.com



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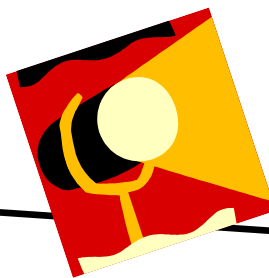


Maximize your health for life!

Member Spotlight

We would love to feature your story and learn more about you. Does this sound like something of interest to you? If so, please visit with Kari for more information.

We're on the web!
www.maximumperformanceonline.net



Would you know what to do in case of a fall?



This fall, we've been working on fall prevention in our MSROM classes on Thursday mornings. So far, you've received a fall prevention check list for your home. We've learned new exercises to help strengthen our legs and ankles so we can stand and move better without falling. Wrist strengthening exercises help us prevent bone breaks since our wrists are typically what catch us in our falls. We've worked on better balance as well.

While we will continue to learn new and innovative exercises to make fall prevention fun, we also want to offer you an Aging

Gracefully Seminar aimed at what to do in case of a fall. We feel this is an excellent seminar to attend whether you've actually experienced a fall or not. It is also an excellent



primer for those of us at any age.

Would you know what to do in case of a fall? Either in our homes or on ice?

Find out the best techniques to react to a fall, how to get help, how to safely get up, how to assess ourselves for injuries, and much, much more.

Join us on Monday, November 22nd, 10-11am. We will be having this seminar in place of exercise. However, part of this seminar will involve physical activity, so wear comfy clothing.

Date: Monday, November 22nd

Time: 10-11am

Led by: Kari Wallentine