

## CHAIR FITNESS BY ALISON

WORKSHOP THURSDAY

Thursday, January 17<sup>TH</sup> @ 1:30 PM

We all know that staying active can keep you feeling and looking your best — at every stage of your life. An active lifestyle is especially important for senior health because regular exercise can help prevent heart disease, diabetes, and certain forms of cancer, and it can also reduce pain associated with arthritis in addition to many other health benefits. By improving balance, flexibility, endurance, and strength, older adults can stay healthier, happier and more engaged longer.

As we age, two forms of exercise are the most important to focus on: aerobic exercise or cardio, which gets your heart pumping and sweat flowing, and strength training, which helps keep aging muscles from dwindling over time. In Alison's Chair Fitness Workshop, we engage in cardio and strength training in addition to incorporating some flexibility with a dash of balance, all of which can be done from a chair.

The Center for Disease Control and Prevention ("CDC") recommends strength training for most older adults to help lessen the symptoms of the following chronic conditions:

- Arthritis
- Osteoporosis
- Diabetes
- Obesity
- Back pain
- Depression

And these are additional benefits that can be realized by engagement in a regular exercise program.

### REDUCE HEART DISEASE

- REDUCE STRESS ON JOINTS
- HELP MANAGE YOUR WEIGHT
- REJUVENATE BODY SOUL SPIRIT
- STRENGTH
- IMPROVED BALANCE
- IMPROVED SLEEP
- SOCIAL INTERACTION
- FLEXIBILITY
- COGNITION

No need to worry that you can't get the activity you need to be healthy. If you're looking for an exercise program that provides modified activities due to age, immobility, balance issues, or you're recovering from an injury or surgery, Chair Fitness is for you!