

# New Year and New You!

by CAROLYN BRENNEMAN

Hey, everyone! Time to start off the new year with a good fitness program. And this year there are plenty of opportunities for all of us to engage in some physical movement and activity. Let's have the kids and grandkids take us out for a brisk walk, or let's sign up for a fitness program at The Family Y or at H2U, or let's join a Silver Sneakers group.

We have all heard about the rewards reaped from physical exercise and it is never too late to start. Being physically active is so important to maintaining physical health, mental stimulation, and independence as we age. Even simply taking a daily walk with a group of friends is a great way to get started. After all, it is the determined efforts of people together supporting and motivating one another that make it work.

Let's also join a fitness center that sponsors Silver Sneakers. Silver Sneakers is the trademark name for group exercise classes



**Great fun with exercise at H2U**

that offer us the best opportunity to stay on track toward our health and fitness goals.

The Family Y is one such group that offers Silver Sneakers classes and activities. The various classes are designed specifically for older adults and taught by great instructors. You are sure to find a class that suits your need and abilities.

Hey, don't forget the H2U classes. H2U at Doctors Hospital has many great classes which allow us to increase muscle strength, improve our range of motion and take in cardio exercise. There are 2 morning exercise classes on Mondays, Wednesdays and Fridays and every Tuesday we can learn Tai Chi! Or if we prefer, for great flexibility we can take a yoga class.



**Cathy is ready to go on a brisk walk**



“I really enjoy low impact aerobics with music,” says Pamela about the classes at H2U. “I work out doing some cardio and using weights for maintaining strength,” she tells us. And now I’m starting Tai Chi for range of movement and balance.” How exciting is that! So let’s get started right away.

**Jeanette ready for Tai Chi**



**Group walking keeps us motivated**



**Group practice aids with balance**