



PREVENT. PROMOTE. PROTECT.

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For Immediate Release: January 7, 2009

NEWS

RESOLVE TO BE MORE *Active for Life* IN 2009

Unique health education program offered for older adults

HAMILTON COUNTY, OHIO – Many of us are making resolutions to be more physically active this year, but it's not always easy to begin and maintain a more active lifestyle. For adults aged 50 and older, the *Active for Life* program can help.

Active for Life teaches that physical activity does not need to be strenuous or time-consuming to achieve health benefits. The program helps participants develop the behavioral skills needed to build moderate to vigorous physical activity into their daily lives like walking, gardening and playing with grandchildren. **This is not an actual exercise class, but participants will learn:**

- the benefits of physical activity
- how to set goals and reward yourself
- how to overcome your own barriers to physical activity
- time and stress management.

Facilitated discussions, a self-help workbook and interactive activities provide the basis for the 75 minute weekly sessions. The \$15 fee covers all costs associated with the 13-week program.

Physical inactivity is one of the leading health risks for mid-life and older adults. It contributes to illnesses and disabilities such as arthritis, cancer, diabetes and heart disease. For important health benefits, the Centers for Disease Control and Prevention recommend older adults get at least 150 minutes of moderate-intensity aerobic activity (such as brisk walking) each week as well as muscle-strengthening activities two or more days per week.

Active for Life classes will be starting soon at three locations in Hamilton County, Ohio. For more information or to sign up for a class, call Hamilton County Public Health at (513) 946-7813. Additional information is available at www.hamiltoncountyhealth.org.

-Class schedule and locations follow-

NEWS**ACTIVE FOR LIFE[®] WINTER SCHEDULE 2009**

Class schedule also available at www.hamiltoncountyhealth.org

Clippard YMCA

8920 Cheviot Rd.

Cincinnati, OH 45251

Tuesdays 10:30 a.m.

Start date: February 3, 2009

Shiloh United Methodist Church

580 Anderson Ferry Rd

Delhi, OH 45238

Tuesdays 12:30 p.m.

Start date: February 3, 2009

Wyoming Recreation Department

9940 Springfield Pike Rd

Cincinnati, OH 45215

Wednesdays 10:00 a.m.

Start date: February 4, 2009