



PREVENT. PROMOTE. PROTECT.

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NEWS

Senior Adults Can Learn How to Get Active for Life[®] *Health education program offered for older adults*

HAMILTON COUNTY, OHIO – Physical activity is an increasing topic of interest, but it can be daunting to begin a program that fits into our daily lives. Adults aged 50 and older can learn how to begin and maintain a more active lifestyle with the *Active for Life* program.

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 are starting soon at five locations. 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-

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ACTIVE FOR LIFE[®] 2010 SCHEDULE

Class schedule also available at www.hamiltoncountyhealth.org

Sycamore Senior Center

4455 Carver Woods
Cincinnati, Ohio 45242
Wednesdays: 2:30 – 3:45 p.m.
Session begins: April 7

Middletown Senior Center

3907 Central Ave.
Middletown, Ohio 45044
Mondays: 10 – 11:15 a.m.
Session begins: April 12

Woodlawn Community Center

10050 Woodlawn Blvd.
Cincinnati, Ohio 45215
Wednesdays: 10 – 11:15 a.m.
Session begins: April 14

Community Wellness at Bayley Place (Delhi)

401 Farrell Court
Cincinnati, Ohio 45233
Thursdays: 10 – 11:15 a.m.
Session begins: April 15

Evendale Recreation Center

10500 Reading Road
Evendale, Ohio 45241
Thursdays: 2:30 – 3:45 p.m.
Session begins: April 15