

## **SENIOR HEALTH AND EXERCISE**

**An all-around exercise plan for senior health is meant to maintain your circulation, weight, bone strength and muscle tone. AARP notes that metabolism slows with age, encouraging a more sedentary lifestyle accompanied by weight gain. Increasing physical activity safely can help reverse this trend. An ideal program combines activities to build flexibility, strength and endurance.**

**Courtesy of: Livestrong**

**EL DORADO COUNTY**

**HEALTH AND HUMAN SERVICES AGENCY**

**SENIOR HEALTH EDUCATION PROGRAM**

**(530) 621-6151**

[edcgov.us/Government/HumanServices/Senior\\_Services/  
Senior\\_Health\\_Education\\_Program\\_\(SHEP\).aspx](http://edcgov.us/Government/HumanServices/Senior_Services/Senior_Health_Education_Program_(SHEP).aspx)

# **EXERCISE**



**IS GOOD FOR YOU!**





# EXERCISE PROGRAMS DESIGNED SPECIFICALLY FOR SENIORS

EL DORADO COUNTY ACTIVE AGING PROGRAM

530-621-6151

(SPONSORED BY SENIOR HEALTH EDUCATION PROGRAM)

## “ACTIVE AGING” CLASS LOCATIONS:

### DIAMOND SUNRISE APARTMENTS

4015 Panther Lane, Diamond Springs

### CAMERON PARK VILLAGE

6361 Palmer Drive, Cameron Park

### SEVENTH DAY ADVENTIST CHURCH

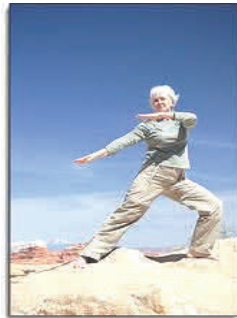
6831 Mother Lode Drive, Placerville

### FIRST LUTHERAN CHURCH

1200 Pinecrest Court, Placerville

### SENIOR TAI CHI: MOVING FOR BETTER BALANCE

937 Spring Street, Placerville



**WHY SHOULD I EXERCISE?** *There is a fountain of youth! Millions have discovered it—the secret to feeling better and living longer. It’s called staying ACTIVE. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.*

**SOME CLASSES HAVE FEES OR SUGGESTED DONATION**

## ADDITIONAL CLASSES FOR SENIORS

*(some may have discounts for Seniors)*

**FITQUEST** 621-3740 Foothill Taekwondo Studio 1319 Broadway, Placerville Monday & Thursday 9:00—10:00 a.m.

**PATH** 622-0273 Federated Church 1031 Thompson Way, Placerville Tuesday and Friday 8:30—9:45 a.m. (modified chair class)

**FIT FOR LIFE** 626-3488 Powerhouse Gym 4615 Missouri Flat Road, Ste. 11, Placerville

- “Active Age” Senior Program Monday, Wednesday, Thursday & Friday 10:45a.m.—12:00p.m.
- Gentle Stretch Yoga Tuesday 10:30—11:30 a.m.

## SILVER SNEAKER PARTNERS

### CURVES

Placerville - 81 Fair Lane—295-9020

Cameron Park - 4100 Cameron Park Drive, Ste. 102— 676-9222

Pollock Pines - 6454 Pony Express Trail - 647-2878

Georgetown - 6029 Front Street—333-4215

El Dorado Hills - 3919 Park Drive, Ste. 70—(916) 933-8338

### ANYTIME FITNESS

Placerville - 970 Missouri Flat Road , Placerville—295-3600

