



## P R E S S   R E L E A S E

FOR IMMEDIATE RELEASE

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### SENIORS IMPROVE QUALITY OF LIFE THROUGH FITNESS

SHASTA COUNTY – Are you a senior who loves to be physically active and desires to improve the health and well-being of your peers? You are invited to attend a FREE *Fun with Senior Fitness* instructor training, hosted by the Shasta County Health and Human Services Agency. The training provides the necessary skills to become a fitness instructor. The training is adapted for seniors, incorporating balance, strength and cardio exercises. You can reach your fitness goals while helping others in a fun and supportive environment. Prior teaching experience is not necessary. Instructor mentoring and support are built into the program.

Imagine being socially isolated and not participating in any daily activities outside of your home for weeks at a time. This was the case for Philip Pelletier before he joined the *Fun with Senior Fitness* class at Redding Pilgrim House in August 2021. Since joining the class, Philip has lost 20 pounds and significantly reduced the swelling in his calves. Philip feels stronger and puts in more than 10,000 steps most days; but most importantly, he is now connected and socializing with his *Fun with Senior Fitness* peers. Instructor Karleen Davis says, “other participants attending the class have reported an increase in flexibility, strength to rise out of a chair easier, and increased energy.” The *Fun with Senior Fitness* program is a great opportunity to do low-impact physical activities, improve overall health, and connect with others.

If you are inspired to become a *Fun with Senior Fitness* instructor, register today for the instructor training! The training will be Friday, June 10, 2022, from 8:30 a.m.–12:30 p.m. in the

Veterans Hall located at 1605 Yuba Street, Redding. Registration is required. To register or request more information, call Hillary at (530) 229-8469 or e-mail [hdodson@co.shasta.ca.us](mailto:hdodson@co.shasta.ca.us).

The California Department of Public Health works with hundreds of partners and organizations to empower Californians to live healthier lives through good nutrition and physical activity. Funding is from USDA SNAP. USDA is an equal opportunity provider and employer. For more important information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org).

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