

PRESS RELEASE

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 has a desire to improve the health and well-being of older adults? You are invited to attend a FREE Fun with Senior Fitness training, hosted by the Shasta County Health and Human Services Agency.

This introductory training will teach you how to be a confident fitness instructor. The training incorporates balance, strength, and cardio exercises adapted for seniors. 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.

The Fun With Senior Fitness program is a great opportunity to enjoy low-impact physical activities, improve overall health, and connect with each other.

“The benefits of the Fun with Senior Fitness Program have widespread implications and the list is comprehensive,” says Linda Krueger, a retired nurse who has been an instructor with the program for seven years. “It provides social interactions, reduces risks of falling and injuries, improves cardiovascular health, strength, and chronic conditions, extends longevity and health outcomes, and helps to maintain seniors’ independence. The benefits are numerous and important for seniors’ physical, mental, and emotional well-being.”

The training will be held on Friday, March 22, from 8:30 a.m. – 1 p.m. at Dignity Health Connected Living at 100 Mercy Oaks Drive. Registration is required; lunch will be provided. To register or request more information, call Hillary at (530) 229-8469 or e-mail hdodson@co.shasta.ca.us.

Funded by the USDA Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

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