

## tips for success!!!

### Pace Yourself:

Keep your heart rate in a comfortable intensity zone. Work hard enough to make your heart stronger without overexerting.

### Slow Down or Rest When You Need To:

You might find it hard to keep going through the entire class. That's fine! You will get stronger by continuing to exercise.

### Listen to Your Body:

You can expect occasional minor soreness after exercising. It's a positive sign you are using your muscles!

### Warm Up & Cool Down:

A warm up gradually prepares your muscles & joints for exercise. When you finish your workout your body needs a chance to cool down slowly. Keep moving at a slower pace (do not stop abruptly) and allow your heart to return gradually to its resting rate.



### Falling Springs Facility Hours:

**Mon-Fri:** 5:30 AM - 9:00 PM\*

**Saturday:** 7:00 AM - 7:00 PM

**Sunday:** 10:00 AM - 7:00 PM

*(Center closes at 10 PM, M-F, when time changes during winter months)*

For more information regarding  
SilverSneakers® please visit  
[www.silversneakers.com](http://www.silversneakers.com)

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## what's next?!!!

### HOW DO I KNOW IF I'M ELIGIBLE?

To find out if your Medicare health plan offers the SilverSneakers as a benefit, please visit [www.silversneakers.com](http://www.silversneakers.com), call your health plan's customer service department (the number should be on the back of your insurance card) or stop by the Parks & Recreation offices and we can look you up and see if you are eligible!

### ALWAYS SWIPE YOUR CARD

Every time you visit Falling Springs Center, please be sure to swipe your card, regardless of the purpose of your visit, whether it's to walk, swim, attend a classe, etc. Card swipes are how we track the number of visits we get from SilverSneakers members and is how we get reimbursed by Healthways and how we are able to generate points/funds to add and improve new equipment and resources!

### WHAT IF I'VE BEEN INACTIVE OR A HEALTH ISSUE?

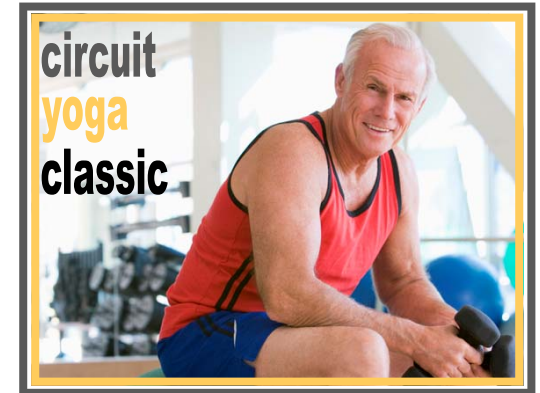
Older adults who are inactive and at high risk for heart disease (or who already have a medical condition) should seek medical advice before starting or significantly increasing their physical activity. Most apparently healthy people of any age can safely engage in moderate levels of physical activity (e.g., moderate walking, gardening, yard work) without consulting a doctor first.

Don't forget your  
water bottle!



# silversneakers!!!

## FALLING SPRINGS CENTER



For a class schedule, please  
pick up a Fitness Brochure!



For questions or more information, visit us  
online at [www.fallingsprings.net](http://www.fallingsprings.net) or contact  
Fitness/Aquatics Manager Tefany Bleuel at  
(859) 873-5948 or [tbleuel@vwcparksrec.com](mailto:tbleuel@vwcparksrec.com).



# what is silversneakers/// benefits of exercise///

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer this award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country. This great benefit includes:

- Access to conditioning classes, exercise equipment, pool and other available amenities
- Customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- Health education seminars and other events that promote the benefits of a healthy lifestyle
- A specially trained Program Advisor<sup>SM</sup> at the fitness center to introduce you to SilverSneakers and help you get started
- Member-only access to online support that can help you lose weight, quit smoking or reduce your stress

Regular exercise is essential to healthy aging. It lowers risk factors linked to the development of chronic disease such as, obesity, high blood pressure, diabetes, and high levels of triglycerides. In turn, physical *inactivity* has been linked to the development of heart disease and stroke. The American Heart Association (AHA) cites physical inactivity as a major risk factor for developing coronary artery disease. The Centers for Disease Control and Prevention (CDC) highlights regular physical activity as one of the most important steps to take to prevent serious health problems that can occur with age.

## What can regular exercise do for you?

- Reduce your risk of heart disease by up to 50%
- Double your muscle strength in 3 to 4 months
- Reduce the risk of diabetes by as much as 75% if you are age 60 or older



## other benefits///

- You can bring your friends who are 65 years old or older and eligible for Medicare to the facility or to class with you for **FREE once a month!** Just sign them in at the front desk when you arrive.
- You may attend classes at any participating SilverSneakers<sup>®</sup> contracted location nationwide.
- Potlucks, parties and more! Our members are an eclectic group of seniors who share the goal of getting healthy and having fun while doing it!



# class descriptions///

SilverSneakers group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your need and abilities.

Each class is easy on your joints and is appropriate for those who exercise regularly as well as those who are new to exercise or who may not have exercised in years. The exercises are designed to improve your strength, flexibility and ability to perform functional activities such as getting out of your car or lifting your grandchildren!

## SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

## SilverSneakers Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

*For a schedule of when classes meet, please see the **Falling Springs Land Fitness Schedule.***

*Grab a Group Fitness Brochure  
for a Class Schedule!*