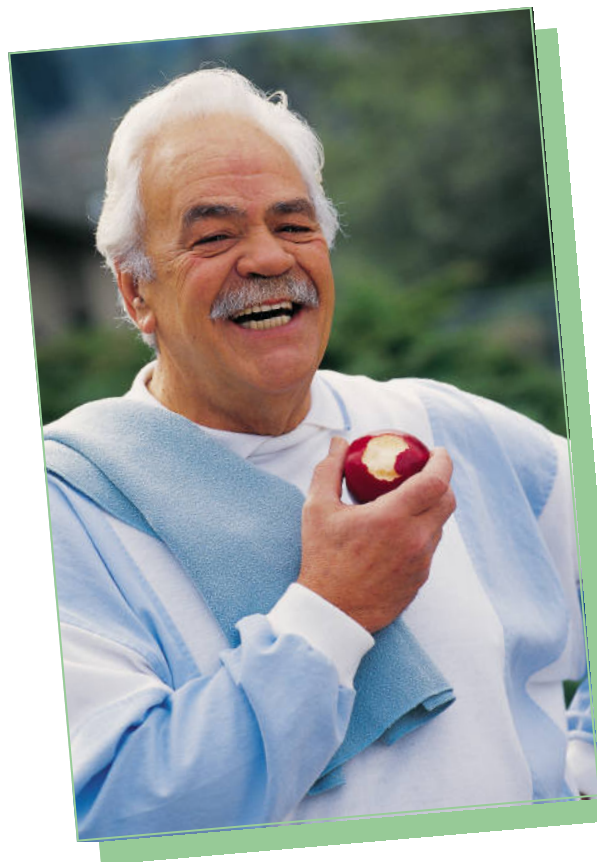


# HEALTHY ADULTS AGES 65+



## LIVE HEALTHY...

**Everyone has to start somewhere; we're here to help you.**

The programs, equipment, staff and the YMCA overall environment is dedicated to assisting you find the fitness program that matches your personal skills, lifestyle, and goals.

### **Wondering how to begin?**

Just call Jason Gedvilas, Health & Wellness Supervisor at 428-9622, and he'll get you headed on the right track!



Benton Harbor-St. Joseph YMCA Family Center  
3665 Hollywood Road • St. Joseph, Michigan  
269.428.9622 • [www.bhsjymca.org](http://www.bhsjymca.org)



**FACT:**  
More than 60%  
of older adults  
are inactive.

As we age, our bodies begin a degenerative process in the form of osteoporosis, arthritis, osteoarthritis, low back pain and obesity. We also begin, as we age, to notice a decrease in the following functions of our body:

- Maximum attainable heart rate
- Cardiac output
- Muscle mass
- Balance
- Coordination (neuromuscular efficiency)
- Connective tissue elasticity
- Bone mineral density

Luckily, we are able to prevent, slow or even reverse any of these decreases in the functional capacity through the use of regular exercise.

**Regular exercise includes:**

- ❶ Cardio training
- ❷ Resistance training
- ❸ Flexibility training



**FACT:**  
Flexibility & Resistance  
Training Exercise  
can reduce the risk of falls.

- ❶ Guidelines for  
CARDIO TRAINING:
  - **Mode:** Stationary or recumbent cycling, walking, aquatic exercise classes, swimming, aqua walking
  - **Frequency:** 2-5 days per week.
  - **Duration:** 30-60 minutes per day
- ❷ Guidelines for  
RESISTANCE TRAINING:
  - **Mode:** Nautilus circuit, free weights
  - **Frequency:** 3-5 days per week
  - **Duration:** 1-3 sets of 8-20 repetitions
- ❸ Guidelines for  
FLEXIBILITY TRAINING:
  - **Mode:** Static stretching, dynamic stretching, Yoga or Pilates
  - **Frequency:** 2-7 days per week



**FACT:**  
We can help you  
get started or improve  
your fitness routine!

- **Personal Training**  
Goal-oriented training to help you get the results you want. Certified Personal Trainers work with you to design an individualized program that is safe, effective, and fun. Remove the guess work and train with a Y personal trainer! Packages available for 1 hour or more: one-on-one training, partner training or group training. See the Y Personal Training brochure for details. Call Jason Gedvilas, Health & Wellness Supervisor today...he'll be glad to get you started! 269.428.9622
- **Fitness Classes**  
We offer a variety (16) of group fitness classes just for you! If you feel that some of the fitness classes are not at your pace, try Zumba Gold, Gentle Strength & Stretch and Gentle Yoga! Please see our current Program Guide or visit our website for current class listings:  
[www.bhsjymca.org](http://www.bhsjymca.org)