

## Exercise at my age! Can I do that?

Yes! Regular, moderate physical activity is vital for adults of every age. Just ask our 90+ year old participants in the Fit, Fun & Fully Alive! Fitness classes.

“Exercising is part of my life. It’s good no matter what age. It keeps me active. I wouldn’t miss it for the world.”

- Art, Beachburg



“If I didn’t come to exercise (class) I know I would stop exercising. It keeps me going.”

- Loretta, Beachburg



WHITEWATER BROMLEY  
COMMUNITY HEALTH CENTRE  
SATELLITE

(A part of Lanark Health &  
Community Services)

20 Robertson Drive, Beachburg, K0J 1C0

613-582-3685

70 Main Street, Cobden, K0J 1K0

613-646-7997

49 Mill St., Killaloe, K0J 2A0

613-757-0004



Whitewater  
Bromley  
Community Health  
Centre Satellite

(A part of Lanark  
Health & Community  
Services)

Fit,  
Fun &  
Fully  
Alive



**Fitness Classes  
for Older Adults**



## Certified Instructors

Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario.



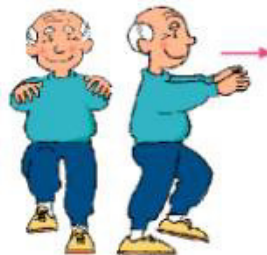
Fit, Fun & Fully Alive! instructors must complete:

- ◆ A 36-hour Seniors' Fitness Instructor Course through the CCAA
- ◆ Annual training sessions
- ◆ Annual CPR training
- ◆ Recertification every two years

## Benefits of Physical Activity:

Regular physical activity will help you to:

- ◆ Stay independent in your home longer
- ◆ Prevent falls
- ◆ Recover faster after illness or injury
- ◆ Improve your energy level
- ◆ Strengthen your muscles
- ◆ Improve your ability to do daily activities on your own like bathing, toileting and grooming
- ◆ Improve your flexibility and balance
- ◆ Meet new people and have fun!
- ◆ And there are many more benefits ...



## Meet your award-winning instructors:

The Fit, Fun & Fully Alive! Volunteer fitness instructors were proud to receive a Healthy Living Award in the Community at Large category from the Renfrew County and District Health Unit in 2006.



The annual Healthy Living Awards recognize organizations that have made innovative efforts to promote healthy eating, regular physical activity and/or smoke free living in Renfrew county.