

FIT & STRONG



Fit & Strong is designed to improve your fitness and strength, and increase your self-confidence to exercise safely. Participants will develop individualized exercise plans for a balanced physical activity routine. It is for anyone looking to get back into exercise or start a new habit, especially those experiencing lower extremity joint pain and stiffness.

This is an eight-week program that meets three times per week for 90 minutes per session. The class includes stretching and flexibility, low-impact aerobics/fitness walking, strength training, and balance exercises, followed by health education/group problem-solving for behavior change. Participants must be cleared by their physician to participate in exercise.

After taking this class participants report:

- Enjoying physical activity more
- Less pain
- Less joint stiffness
- Increased strength and mobility
- Decreased anxiety and depression

Mondays, Wednesdays and Fridays
February 25 - April 19, 2019
9:30 a.m. to 11 a.m.
Trinity Episcopal Church
Parish Hall
200 Island Avenue, Reno

To register, go to <http://bit.ly/2sUCqLT> or call 775-784-1583

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