

★ **FREE** ★



Senior Fitness Check

Tuesday, Jan. 23, 9:30 to 11:30 a.m.

Downtown Senior Center

1005 "O" St., lower level

The Senior Fitness Check is safe and enjoyable. It is designed for people age 60 and over. Participants receive valuable information about their strengths and areas in need of improvement. They are given simple exercises they can do on their own at home or at a fitness center



Attendees will be able to participate in the following:

- **Chair Stand** measures the strength of your lower body and affects the ease of performing every day tasks such as going to the bathroom and getting out of a chair or car.
- **Arm Curl** measures the strength of your upper body. A lack of upper body strength could keep you from pouring milk from a jug, carrying laundry, groceries or luggage and maintaining independence.
- **Chair Sit and Reach** measures lower body and hamstring flexibility which is important for preventing lower back pain and plays a role in balance, posture, fall prevention and walking.



- **Back Scratch** measures your upper body flexibility which affects your ability to reach for items high on a shelf, change a light bulb or do any activity that require arm and or shoulder movement.
- **Up and Go** measures your speed, agility and balance which is important for walking through crowds, crossing the street before the light changes, moving in unfamiliar environments and changing terrain. The better your balance the more confident you will travel outside of your home and leading an active life.

Functional fitness is the key to successful aging. "Live your life, forget your age."

**Call 402-441-7575
for details on this event.**



A Pioneering Area Agency on Aging