



Healthy Aging Association

Thank you for your interest in our Young at Heart programs. The Healthy Aging Association is a 501 (c) (3) non-profit organization. Our mission is *“to help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices”*. We provide health, wellness, and fall prevention programs to adults 50 and older and/or persons with disabilities.

Young at Heart - Fall Prevention Fitness Classes

Instructors

- Classes are led by volunteer instructors.
 - Healthy Aging Association is responsible for their supervision.
 - All instructors are Certified Young at Heart Instructors
 - The Certification Training is an 8-hour training.
 - We cover the fidelity of the program, modifications, pain-free range of motion, etc.
 - Each new location must send a minimum of 2 people to the training.
 - Certifications are good for one year.
 - Renewal is dependent on:
 - Instructor’s Annual Evaluation
 - Attendance at 2-3 Annual Instructor Meetings
 - Monthly Communication (paperwork, donations, etc.).

Class Design

- Classes meet 2 - 3 days a week with a day of rest in-between.
 - i.e. Mondays, Wednesdays and Fridays, Tuesdays and Thursdays, etc.
- Classes are neighborhood based and consist of a combination of strength training exercises, balance training, and flexibility to keep participants living longer, healthier, more physically active lifestyles.
- All exercises can be done sitting in chairs without arms, but we encourage standing to help increase strength and range of motion.
- Utilize Resistance Tubes in all classes.
 - 4 different levels of resistance.
 - At class open to the public - participants can earn 1 free tube.
- Participants also have the chance to earn a free Young at Heart t-shirt.
- Classes open to the public must have a donation box out at each class session. A \$2.00 donation is suggested each week.

Registration

- Registration is easy. Participants are encouraged to attend the class 10 minutes prior to start time to complete the registration form.
- Last year, we had 1,691 participants exercising right here in Stanislaus County.

Insurance

- We carry a Certificate of Liability Insurance at each class location.

If you have any other questions, please contact our
Fitness Program Manager - Samantha Borba

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