

# YOUNG AT HEART STRENGTH TRAINING

***A FALL PREVENTION PROGRAM***

**Practice Tested Intervention**  
***SNAP-Ed Approved Curriculum***

**Healthy Aging Association**

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## WHAT IS YOUNG AT HEART?

Healthy Aging Association (HAA), Modesto CA implemented the first Young at Heart classes in partnership with the Stanislaus County Area Agency on Aging in 2000. HAA started with four regional classes and have now expanded to over 30 class locations throughout the county. These Young at Heart Fitness classes are specifically designed for older adults 60 and better.



## CLASS DESIGN

The program is designed to help maintain overall mobility, improve strength, flexibility and reduce the risk of falls.

- Each class meets two - three days a week with at least one day of rest in-between sessions.
- The class meets for a minimum of 32 sessions, but can be on-going.
- Classes are 1-hour long.
- All classes are progressive to help eliminate muscle soreness.
- The class utilizes chairs without arms and all exercises can be done sitting or standing.
- Resistance tubes are utilized for all upper body exercises.
- Each strength building exercise is immediately followed by a stretch to help our population maintain activities of daily living.
- Lay leader model



## THE LEAD TRAINER CERTIFICATION \$1,500

### Lead Trainers Certification Includes

- A 12 hour training lead by Healthy Aging Association's Master Trainers. The training is spread over two days.
- Lead Trainer Binder and digital copy of implementation materials
- License Fee
- Quarterly contact and support from Master Trainers

\*\*Additional fees vary: Training is in Modesto, CA; lodging, food, and travel not included.  
Group training outside of Modesto, CA: Facility for two day training and travel for two Master Trainers must be covered by hosting agency/agencies.  
Pricing will vary on number of attendees at training

\*\*\*Discount given to agencies who send two leaders to Modesto, CA.

## ANNUAL RENEWAL \$170

### Duties of Lead Trainers for Renewal

- Attend a minimum of three quarterly conference calls (1-hour long)
- Host three Young at Heart Instructor Meeting Updates for all Certified Instructors (materials provided by Health Aging Association).
- Distribute quarterly Instructor bulletin to all certified instructors (provided by Healthy Aging Association).
- Evaluate all Certified Instructors annually.

# LAY LEADER DESIGN

## TRAIN VOLUNTEERS TO LEAD YOUR CLASSES

### Master Trainers

Healthy Aging Association Staff who can train Lead Trainers and Certified Young at Heart Instructors.

### Lead Trainers

Complete a 12-hour training lead by a Master Trainers  
Able to train Certified Young at Heart Instructors to lead their classes.

Must attend quarterly conference calls and hold three 2 hour annual meetings for their Certified Young at Heart Instructors.

Certification good for 1-year | \$170.00 Renewal Fee

### Certified Young at Heart Instructors

Complete an 8- hour training lead by a Lead Trainer or Master Trainer.

Must attend two - three 2 hour annual meetings lead by a Lead Trainer.

Must be evaluated annually by Lead Trainer

Certification good for 1-year | No Renewal Fee

## CONTACT US TODAY TO GET STARTED



### Healthy Aging Association

Master Trainers:

Samantha Borba, Jessica Shupp, Erlinda Bourcier

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