Here are five things that make Young at Heart unique

1. The class focuses on the full body and works on strength, balance, and flexibility.

2. The goal of Young at Heart Strength Training is to keep participants functioning and to help reduce the risk of falling.

3. The class uses resistance tubes (4 levels of resistance) instead of free weights to reduce injury, and to be used by even the most arthritic hands. Plus resistance tubes store easily.

4. The class is a place of group camaraderie and many participants have stated that these classes help reduce depression and help them to be more social.

5. Classes run primarily on participant donations, we recommend $2.00 a week if the participant can afford it.

Young at Heart Sponsors

Kaiser Permanente thrive

Stanislaus County Parks & Recreation

Central Valley Medical Group — Creating Healthy Communities

Rotary Club of Ceres

Anthem BlueCross

Stanislaus Senior Foundation

Anthem Blue Cross Foundation

CareMore Foundation

Healthy Aging Association Programs

Go Green for Seniors—Green Bag
Monthly Fruit and Vegetable Program for Qualified Older Adults

A Matter of Balance
Evidence Based 8-week Fall Prevention Program

Dignity At Home Fall Prevention Program
In-Home Environmental Assessments with Possible Installment of Injury Prevention Accessories for Qualified Older Adults and Persons with Disabilities

Young at Heart S.T.E.P.S.
12-Week Walking Challenge held in the Spring and the Fall

August 25, 2020

YOUNG AT HEART Strength Training

Online Fitness Classes

For Older Adults 60 & Better

Healthy Aging Association

YOUNG AT HEART

INVEST IN AGING
Fitness & Health Programs
Older, Wiser, Stronger

A non-profit organization whose mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.

(209) 525-4670

healthy.aging2000@gmail.com

www.healthyagingassociation.org

What You Need To Get Started

- Good supportive and secure shoes.
- Sturdy chair with no wheels or arms.
- Computer or tablet with connection to the internet.
- Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.

How To Register

1. Email healthy.aging2000@gmail.com
2. An email response will include a link, follow the link to select a class type and time and complete the online registration.
3. Log into class 10-15 minutes prior to start time using the Confirmation Email from Healthy Aging Association.
   - If experiencing issues, contact our office for troubleshooting.

Community Based Fall Prevention Classes

The Young at Heart Strength Training classes have been in Stanislaus County since 2000. Each class is on-going and meets for one-hour per class. All classes are lead by trained and certified volunteer instructors. This program is a practice tested intervention that has been shown to reduce the risk of falling.

Healthy Aging Association offers the following online fitness classes:

- Young at Heart Strength Training—A Fall Prevention Program
- Tai Chi for Arthritis and Fall Prevention

Not ready to add something into your weekly schedule? Contact our office for our *Young at Heart Participant Manual* or visit www.healthyagingassociation.org to download a copy.

Support Our Fitness Programs

Donate today by visiting www.healthyagingassociation.org

or send to:
Healthy Aging Association
3500 Coffee Road, Ste. 19
Modesto, CA 95355