

“Let’s Get Moving!”
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A mix of aerobics, flexibility and strength training is the recipe for a healthy lifestyle. Fitness equals longevity. The formula for success is modest activity for 30 minutes 5 days a week.

What kinds of activities provide this exercise?

- **Aerobic exercise:** activities such walking or swimming.
- **Flexibility:** exercises that increase the range of motion such as yoga, Tai Chi and stretching.
- **Functional fitness:** exercises that help in performing daily tasks includes a mix of aerobic, flexibility and strength training.
- **Strength or resistance training:** using weight to repetitively work both large and small muscles.

What is the number one reason to make walking a daily habit? It makes you feel good! Walking with “The Steppers” from MSC helps to provide the group support and individual challenge to count those steps every day. You just need a good pair of walking shoes. Check out a pedometer from the “One Step at a Time” walking group at MSC and make a commitment to count your steps. Rain or shine, indoors or outdoors, everyone can do it. So let’s get moving.

Looking for another great summertime activity to count your steps? Try “Let’s take a walk!” (9:00-11:00), an activity just for Seniors. Car pool to Chamberlain-Reynolds Forest and walk the nature trail to Squam Lake guided by Sandy Frost, Director of the Center Harbor Parks Department. Dates: July 13, 20, 27 & August 3, 17 & 24 (*not August 10*).

Smile and just watch those steps add up!

Coming new this summer at MSC...*Tai Chi on Tuesdays 10:15-11:15. Tai Chi* is one of the most beneficial low impact workouts ever developed. This self-guided video program is designed for Seniors. Increase strength and endurance and learn to relax and reduce stress. The exercises are fun and easy to do. It’s never too late to begin an exercise program. So start on your way to better health and have fun trying something new...a great way to tease your brain, too.