

## Physical Fitness at the Department of Aging

Ever hear of sarcopenia? It is the loss of muscle mass that occurs as a natural course of aging, often beginning around the age of 45. Muscle tissue, bone density, and strength all decrease as you get older, leaving you more prone to falls and injuries and making everyday activities such as walking, cleaning, and dressing more difficult. It has been shown that "strength training is the most effective way to slow and possibly reverse much of this decline." (Strength and Power Training, Harvard Medical School, 2004). Strong muscles help utilize oxygen and nutrients from the blood. Strong muscles help absorb blood sugar so the body stays sensitive to insulin, helping to prevent or control Type 2 Diabetes. Strong muscles enhance weight control by increasing your metabolism. Balance, flexibility, and bone density are also improved by strengthening muscles. Arthritis pain is often reduced and self-confidence is improved. Keep your muscles strong through being physically active on a regular basis.

Revised 10/21/13



### Senior Activity Center Locations

#### Garvey Senior Activity Center

41780 Baldrige St.  
Leonardtown, MD 20650  
301.475.4200, ext. 1050

#### Loffler Senior Activity Center

Chancellors Run Regional Park  
21905 Chancellors Run Rd.  
Great Mills, MD 20634  
301.737.5670, ext. 1658

#### Northern Senior Activity Center

29655 Charlotte Hall Rd.  
Charlotte Hall, MD 20622  
301.475.4002, ext. 1001

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St. Mary's County  
Department of & Human Services**



# ST. MARY'S COUNTY DEPARTMENT OF AGING & HUMAN SERVICES

## FITNESS CLASSES

*Fun fitness for health*



Brought to you by the Board of County Commissioners for St. Mary's County and the Department of Aging & Human Services.

## Fitness Classes

The Department Of Aging & Human Services offers a variety of fitness classes to meet your interests and fitness needs. EnhanceFitness, Strength Training, Low-Impact Aerobics, Video Fitness, Arthritis Foundation Exercise Class (AFEP), Walking Clubs, Yoga, Zumba, and Men's Strength Training, and Tai Chi for Arthritis are available at various centers throughout the county. Classes are taught by certified fitness instructors. Several classes do have a fee; call 301.475.4200, ext. 1063 for more information.

### Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program offers gentle, repetitive movements that encourage range of motion, stretching, and flexibility. There is no impact to your joints. Although the class is designed for those with arthritis, it is beneficial to anyone who may not be used to exercising or who is looking for a gentle exercise program. Center staff or Retired & Senior Volunteer Instructors (RSVP) certified which enables the class to be offered free of charge.

### Arthritis Foundation Tai Chi Program

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Center staff are certified which enables the class to be offered free of charge.

### Yoga

This calm and tranquil experience offers benefits for inner awareness as well as physical balance and flexibility. Improving muscle strength and tone while learning ways to reduce stress and relax are benefits of this class. Fee.

### EnhanceFitness

This evidenced based group exercise class improves balance, flexibility, bone density, endurance, coordination, and strength, and decreases your risk of falling. Each class includes a 20 minute cardiovascular workout of a low to moderate impact as well as strength, balance, and stretching components. Classes are taught by certified fitness instructors. Fee.

### Low-Impact Aerobics

Low-Impact Aerobics provides a cardiovascular work-out through the use of various dance and walking steps that help raise the heart rate without stressing the knees. This class is largely done while standing. Class is taught by a certified fitness instructor. Fee.

### Video Aerobics

Richard Simmons is the video instructor for this group of regular exercisers. Come join the fun and improve your physical condition. No fee.

### Strength Training

It has been shown that strength training is the most effective way to slow and possibly reverse the loss of muscle tissue, bone density, and strength that occurs as one ages. (Strength and Power Training, Harvard Medical School, 2004). Strong muscles help utilize oxygen and nutrients from the blood. They help absorb blood sugar so the body stays sensitive to insulin, helping to prevent or control Type 2 Diabetes. Strong muscles promote weight control by increasing your metabolism. Balance, flexibility, and bone density are also improved by strengthening muscles. Arthritis pain is often reduced and self-confidence is improved. It is recommended that you participate in two to three sessions/week with at least one day in between to allow your muscles to recover. Fee.

**A strength training class designed just for men is available at the Garvey Senior Activity Center.**

### Zumba

A fun, aerobic dance class using music with a Latin beat. It's exercise that is so much fun you don't realize you've been exercising. Fee.

### Line Dancing & Clogging

Dancing is great exercise!! Learn fundamentals and advanced steps while enjoying the latest dances while having a wonderfully physical workout at the same time. Some classes require a fee; see center staff for details.

### Walking Clubs

Walk at a pace and distance that's comfortable for you. Walking is a wonderful aerobic and bone building physical activity. Don't forget...about 2100 steps equal a mile!! No fee.

### Core and Abs Strength Class

The goal of this class is to reduce and flatten your mid-section and decrease or eliminate lower-back pain. Fee.

**Exercise equipment is available at the Loffler, Northern, and Garvey Senior Activity Centers. Call for room availability.**

## Fitness Cards

For classes with a fee, purchase a fitness card at any senior activity center. Fitness cards may be used interchangeably to attend any Low Impact Aerobics, Strength Training, Yoga, EnhanceFitness, or Zumba class at any senior activity center for a fee of \$30.00 for 10 classes.

**For information on class locations and times, call 301.475.4200, ext. 1063, or visit the Department of Aging & Human Services website at [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging).**