

Press Release

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SALEM FAMILY YMCA OFFERS HEALTHY AGING WELLNESS PROGRAM

New “Silver & Fit” program pairs exercise with facilitated discussions about healthy aging strategies – Classes offered to Secure Horizons Health Insurance members at no cost

SALEM, OR, September 25, 2007 – The Salem Family YMCA has added a new program to promote healthy aging and fitness. The Silver & Fit program is designed to help adults achieve better health through regular exercise, education and social interaction.

The program consists of instructor-lead fitness classes held twice per week, plus one educational presentation per week on healthy aging strategies. The fitness classes feature exercises that can be modified to the needs of all levels of adult fitness, and include exercises to improve agility, balance, strength and cardio-vascular health. The educational presentations follow a facilitated group discussion format, and provide an opportunity for program participants to share and learn from each other as well as from the instructor.

“The social aspect of this class makes it unique” said Tina Earhart, Health & Wellness Coordinator at the Salem Family YMCA. “It’s fun and motivating for people to work out in a supportive environment with others who share their same goals”.

The Silver & Fit program is a professionally designed program developed by The National Academy of Sports Medicine (NASM) and Stanford University. In addition, NASM and American Specialty Health, Inc. (ASH) have partnered with Secure Horizons Health Insurance to offer Silver & Fit classes and other fitness opportunities to Secure Horizons members at no cost; Secure Horizons members who register for Silver & Fit also receive a membership at the Salem Family YMCA. Current YMCA members are also able to take the class at no cost as part of their membership benefit package.

Karma Krause, YMCA Membership and Marketing Director notes “Silver & Fit matches the YMCA philosophy of creating wellness of the body, mind and spirit through connecting people and building relationships. We call it “Wellness the Y-Way”, and Silver & Fit is a great addition to our local YMCA’s programs”.

Silver & Fit is being at the Salem Family YMCA on Tuesdays and Thursdays from 10:30 to 11:00 a.m., with the educational portion being held following Tuesday’s workout from 11:00 a.m. to noon.

For more information about Silver & Fit, please contact the Salem Family YMCA at (503) 581-YMCA (9622).

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