



# Activate your Life!

It is never too late to start living an active and healthy lifestyle. Taking those first steps towards regular exercise can lead to endless benefits (physically, mentally and socially) and even help to reduce symptoms of pain or illness. Imagine feeling younger, finding that bounce in your step, and smiling more.

Whether you are generally healthy or are managing illness or previous injuries, adding exercise to your day is possible. Increasing activity to your day can be done simply and in small ways. Not sure where to start? It only takes a few steps to get started. Speaking with your health professional is a great way to find the safest way to add more activity to your day. The City of Vernon Recreation Services offers many types of fitness programs for Older Adults, from those just starting out to those that are looking to maintain their fitness regime.

Our Fitness Department falls under three basic categories: Land, Water and Weights.

## Land

Our land-based classes start with seated exercise and advance to full aerobic style classes.

## Water

With our Aquafit and Aqua Therapy classes we use the properties of water to provide an overall body workout or therapeutic class. Water based classes are an excellent way to increase your fitness while being fully supported by the water.

## Weights

Yes! We did say weights! Weight bearing activities for older adults is essential in maintaining bone density. Our weights-based classes are held in our Fitness Gym and are set up in a circuit style class.

When looking to increase your activity level it is important to seek the advice of those that know your healthy history and can recommend a safe course of action. The Fitness Instructors with Recreation Services are certified and experienced in providing safe, effective and fun fitness classes for Older Adults.

Boosting your fitness not only helps you build strength, balance and flexibility it comes with the extra benefits of making new friends, improving your memory and challenging your brain. Plus, it is Fun!

For more information contact, Recreation Services at 250-550-3672 or [activeliving@vernon.ca](mailto:activeliving@vernon.ca). [www.gvrec.ca](http://www.gvrec.ca)



## GREATER VERNON RECREATION SERVICES THROUGH RECREATION WE IMPROVE QUALITY OF LIFE

### Active Living Programs

Get Up & Go - Aquafit - ActivAge  
Choose to Move - Yoga - Minds in Motion  
Osteofit - Indoor Walking - Meditation  
Fit & FUNCTIONal Circuit Training



[www.gvrec.ca](http://www.gvrec.ca) 250-545-6035