



# Too Old to Exercise? Never!

One of the hardest myths to bust goes something like this, “I am too old for exercise.” In fact, nothing could be further from the truth. Studies have shown that those who are active, regardless of their age, are healthier than those who don’t. Read more to learn of the benefits and to hear what active seniors have to say about exercising over the age of 70.

## We could tell you that exercise helps:

- Lower blood pressure
- Lower blood sugar
- Lower cholesterol levels
- Increase balance
- Increase brain function (think improved memory!)
- Improves your mood.

We could also tell you that there are numerous studies that back up this claim and that many health insurance plans cover the cost of group exercise classes. But, we figured that you would rather hear it from real people – your neighbors and friends – than us!

The following testimonials are from participants in the Silver Sneakers® Fitness Program at Valhalla Health & Fitness Club. These folks were kind enough to let us to join in one of the classes and to share their thoughts on exercise.



**Edie Ellison, 77** – “I’ve always been athletic and love to ski, tennis, golf and bowl. I still bowl every week. I’m trying to lose a little weight, so I began this class four weeks ago and I love it. It gives me so much pep!”



**James Graber, 76** – “My wife and I started coming to the gym and doing the Silver Sneakers® program about nine months ago. I never really worked out before, but decided to join Valhalla because our insurance covers it and my doctor told me that I am borderline diabetic. So far, I’ve lost six pounds and I know that this will help with the diabetes, too.”

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**Mariette Jacobson, 73** – “My kids are so proud of me! I’ve been coming to the gym two times a week for two years and just started the Silver Sneakers® program a few weeks ago. I was always one of those people who hated to exercise, but I feel so much better now. It helps me keep my weight under control and relieves my stress. Age is just a number and it is up to me to stay healthy. This is a great way to do it!”



**Don Fotheringill, 73** – “I had a very physical job, but when I retired, I got too lazy. Then I had my knees replaced and found out that the insurance company would pay for me to join a gym. Being on a fixed income I wouldn’t be able to do this without the insurance. Anyway, that was seven years ago and I’ve been exercising ever since. Two days a week I do cardio. Three days a week I do strength training and am also working with a nutritionist. Moving around helps so much.”



**Joan Klick, 70** – “I’ve been doing Silver Sneakers® for two years. I’ve always been active and before I retired from UGI, worked out two times a week. I recently learned that I need hip replacement, but I come and do as much as I can during the class. That is one of the good things about it – you go at your own pace. Exercise keeps my mind sharp. I will do it until I can’t do it anymore!”



**Joan Richart, 76** – “Both my husband and I are very active. I’ve walked three miles a day for the last 10 years. I’ve been coming to Valhalla for the last two years and began Silver Sneakers® because I wanted to strengthen my abs. Keeping active is something that you learn, but how you do it is up to you.”



**Lisa Dugal, Instructor** – “It’s a great thing to see more seniors at the gym working out these days! It is so important for seniors to work with weights and cardio equipment. So many positive changes happen with exercise, like better balance, flexibility, strength, as well as positively impact other health issues such as high blood pressure and diabetes.”

*Many thanks to Valhalla Health & Fitness Club for allowing us to spend time with their instructors and members. It was a pleasure! To learn more about Valhalla, visit their website at [www.valhallahc.com](http://www.valhallahc.com). To learn more about the Silver Sneakers® program, log on to [www.silversneakers.com](http://www.silversneakers.com).*



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