



The Life Enrichment Center AT OYSTER BAY

February is heart health month. There's a lot of hype about heart health - for good reason. Heart disease is the leading cause of death worldwide. The best thing you can do to maintain a healthy heart is **exercise**.

For lifelong heart health, we should exercise at least four times a week. Even if you have neglected to exercise in recent years, it is not too late. You still can reap the benefits and improve heart health provided you exercise often enough. Our Center has a variety of day and evening classes that will improve your heart health and offer you the added benefits of better strength and balance.

The exercise classes below are adapted for older adults and led by instructors who specialize in modifying workouts to accommodate all levels of fitness.

PILATES Controlled movements, primarily focused on your "core". Builds body strength and improves flexibility and endurance, which helps increase balance, reduce falls, and gain strength.

TAI CHI or "moving meditation," is a gentle exercise that uses a series of movements performed slowly and focused, accompanied by deep breathing. Tai Chi helps reduce the risk of falls, improves balance and eases pain in individuals with all types of arthritis. In addition, it helps improve memory in older adults.

YOGA The weight-bearing, no-impact aspects of yoga make it especially good for increasing bone strength, which is of concern after age 50. As we get older, we create muscular imbalances and need to stretch those tight muscles. Yoga focuses on increased flexibility, improving overall strength, and on movements that help people perform everyday activities.

DANCE Balance, cardio and fun all come together in dance class. The constant need to assess movement and respond to muscle also stimulates brain activity. The benefits of dance include stronger coordination, better agility and improved flexibility. We offer classes in tap, ballet, jazz, ballroom, line dancing and more.

STRENGTH TRAINING There are a ton of benefits to regular strength training, especially for adults over 50. Aside from just feeling better, overall, strength training helps us combat the natural functional decline that comes with aging, which can lead to frailty, disability and falls.

EXERCISE is the closest thing to the fountain of youth – and it's all right here at YOUR SENIOR CENTER. We've got something for everyone ... from aerobics and tap dancing, to chair exercises by video tape. Classes are open to all – if your budget allows, a small donation is appreciated to compensate our expert instructors and help with costs.

I'll see you in the gym!

Judy Palumbo, Executive Director

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