

Forever...



## **Hitchcock Bay is offering the Forever in Motion Program**

**Where: The Shack**

**When: Wednesday, June 22 8:30 AM (further classes tbd)**

**What: Exercise class offered by Ellen Manson FIM leader  
(NO charge)**

**Forever in Motion is a program of gentle exercise geared for plus 50 adults, where everyone can determine their own rate of participation.**

**\*\*Please wear running shoes, and comfortable clothing that allows for movement. Exercises can be done standing or seated. Also,, bring a water bottle.**

### **FACTS:**

- **It's never too late to start, older adults have the most to gain!**
- **Participating regularly in a Forever in Motion program can improve your endurance, strength, balance and flexibility, as well as encourage a healthy lifestyle.**
- **Being physically active reduces your risk of falling by 40%.**

**Thank you to a grant provided by Saskatchewan Parks and Recreation as I was able to complete the Forever in Motion Leader Training Workshop.**

**\*If you are new to exercise, or unsure of your ability to participate, please check with your health care provider before taking part.**

