



Are you meeting your **150 minutes** of Moderate-to-Vigorous physical activity per week? **Over the age of 50? Need motivation** to get active?



Starting **Tuesday, January 30th, 2018, from 11:30-12:30** Petawawa Centennial Family Health Center partnered with the Seniors Savy Program will be offering

weekly FREE exercise classes for older adults.
Tuesdays 11:30-12:30, Rotary Room in the Library

The class will be led by Jenna Walsh, RD, CDE, who completed the Seniors Fitness Instructor Course through the Western University's Canadian Center for Activity and Aging (CCAA). The classes are **60 minutes** and include cardiovascular (moderate-to-vigorous) exercise, strength training, balance as well as light stretching.

Registration:

- **Tuesday January 23, 2018 from 11:30-12:30 at the Library Rotary Room, Civic Centre.** (No exercise this day- first exercise class is **January 30th, 11:30-12:30, same location**)
- Please [complete the PAR-Q & You form.](#)
 - If YES to any questions, please see your Doctor prior to starting class and have them complete the [PARmed-X](#). Bring this form with you to class

What to bring to Exercise Class:

- ★ Loose, cool clothing. Towel if needed
- ★ Comfortable running shoes (no sandals, slippers, crocs etc)
- ★ Water bottle
- ★ Positive attitude

If you have questions, please contact Jenna Walsh, RD, CDE at 613-687-7641 ext 150 or email jenna.walsh@pcfhc.ca.