



NATIONAL SENIOR HEALTH & FITNESS DAY WEDNESDAY • MAY 30

National Senior Health & Fitness Day is a nationwide health and fitness event for older adults, always held the last Wednesday in May during *Older Americans Month*. The event's goals are to promote the importance of regular physical activity and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities.

JOIN US & BRING A FRIEND

WHAT IS THE SENIOR FITNESS TEST?

The Senior Fitness Test is a battery of test items that measure the physical capacity of older adults to perform normal everyday activities. It is a functional fitness test because of its purpose in assessing the physical characteristics needed for functional mobility in later years. It assesses independent living older adults, 60-90 plus, across a wide range of ability levels from borderline frail to highly fit.

SENIOR CIRCUIT

For beginners, a low impact, moderate intensity class that will help jump start your fitness level.

ZUMBA

Innovative dance workouts that combine the best choreography with the best music.

9:30am	Senior Circuit
10:15am	Zumba Senior Circuit
11am	Senior Fit Test Light Refreshments
11:30am	Get Moving! Outdoor DOC Walk
Noon	Chair Yoga Demonstration



Terrytown Location
175 Hector Ave.

WE INVITE ALL SENIOR ADULTS
TO THIS FREE EVENT!

For more information, call (504) 349-6908

West Jeff Fitness Center accepts: Peoples, Silver Sneakers and Silver & Fit.