

May is National Physical Fitness and Sports Month

Visit a trainer now! You'll be happy with the results.



In older adults, physical activity can lower the risk of falls and improve cognitive functioning (such as learning and judgment skills).

Exercise Benefits for Older Adults Include:

- managing stress
- helps with high blood pressure
- prevent falls
- reduces feelings of depression
- helps prevent or delay diseases and disabilities
- helps maintain your independence
- ability to continue daily activities



Trainers will help you achieve your fitness goals, provide encouragement, motivation, and create workouts specific to you.

Benefits of Using a Trainer Include:

- seeing results
- breaking through plateaus
- being challenged
- learning how to exercise on your own
- having accountability and motivation
- help with a specific injury or condition
- training for a sporting event
- having supervision during workouts



Physical activity can lower the risk for heart disease, type 2 diabetes, and some types of cancer.

Exercise Benefits for Adults Include:

- weight control
- reduced risk of cardiovascular disease
- reduced risk for type 2 diabetes and metabolic syndrome
- reduced risk of some cancers
- strengthens bones and muscles
- improved mental health and mood
- increased chance of living longer

GENESYS
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Please fill out a client profile and health history form, located at the Service Desk. Call Jen Columbo, Fitness Director, at (810) 606 – 7526 to discuss your training options.