



## **“NEW FITNESS PROGRAM SUPPORTS COMMITMENT FOR LIVING BETTER, NOT JUST LONGER”**

As of November 1, residents of Pathstone Crossing participate in a new on-site fitness program from Live 2 B Healthy out of Prior Lake, MN. Three times each week 18 residents participate in a one hour exercise class that supports their commitment to healthy lifestyle practices that includes some form of regular exercise activity.

A baseline assessment is performed for each participant at the beginning of the program, and then assessed quarterly to measure their results.

Many studies have concluded that regular exercise increases bone strength, controls weight gain, and keeps diabetes in check.

### **THE EVIDENCE IS OVERWHELMING**

Benefits of regular physical activity include:

- ◆ Better circulation
- ◆ Renewed energy and endurance
- ◆ Improved cognitive skills
- ◆ Enhanced flexibility and balance
- ◆ Less chance of falling
- ◆ Lower heart disease and stroke risk
- ◆ Lower Blood pressure
- ◆ Decreased joint and back pain
- ◆ Improved sleep
- ◆ Less depression and anxiety
- ◆ Reduced medication

*“I absolutely love the new fitness program! This program has improved how I feel. I have less cramping and stiffness in my legs. The deep breathing exercises have helped my bronchial problems immensely. I feel stronger, have more energy and sleep better. The residents not participating don't know what they are missing!”*

*Helen Weber, Pathstone Crossing Resident*

On-site group fitness training is the preferred choice because it:

- Ensures safe and proper fitness practices
- Adds encouragement and discipline for long-lasting health benefits
- Is a fun way to make friends while improving health
- Is designed for individual and group success

**The fitness program is offered at no-charge to the residents of Pathstone Crossing.**