

BEGIN



PADUCAH YOGA CENTER

7TH & BROADWAY • PADUCAH, KY

Senior fitness Simplified

with Carol Harlan, SFI, TCI

Did you know that encouraging research done in the past 10 years, shows that even people in their 90s can increase their muscular strength in as few as eight weeks?

Whatever your age, no matter how out of shape, overweight or inexperienced you are, you can improve your strength and health.

We will be using time-tested, safe and simple exercises so that you will be able to “feel” your way through each exercise, and to listen to your body.

As part of this program we will discuss some basic nutritional guidelines; hear from some health professionals on dieting, diabetes, heart disease and learn about the benefits of yoga, tai chi and qigong breathing to help reduce stress and increase flexibility.

Props you will need: one pair of 3-pound weights and a pair of 5 pound weights. We will start out with the 3 pound weights so you can get those first and when you are ready you can add the 5 pound weights. The lighter weights will allow you to begin strengthening your muscles giving you the chance to learn correct form while building stamina. The heavier weights will provide a greater challenge once you are ready. You will also need to bring (not wear into the center) non-street athletic shoes.

IMPORTANT: Always check with your doctor before beginning a new exercise program. It is your responsibility to know what you can or cannot do because of any medical conditions.

270-575-0211

WWW.PADUCAHYOGACENTER.COM

Wednesdays

11:00am - 12:00am

6-week Series

August 8th - Sept 10th

Per Session.....\$10

Monthly.....\$30

Monthly w/Tai Chi Class...\$35

Made Payable to Instructor

For more information contact:

Carol Harlan

627 Broadway Suite B

Paducah, KY 42001

270-210-1465

Carol@TaiChi4YourHealth.com

taichi4yourhealth.com

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