



Contact: Michelle Carpenter
Warren County Community Services, Inc.
570 North State Route 741
Lebanon, OH 45036
513-695-2239
michellec@wccsinc.org

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Active for Life® is Back at the 741 Center!

Do you know that being physically active is one of the most effective ways to improve your health? The Surgeon General recommends 30 minutes of moderate intensity activity (such as brisk walking or gardening) on most days of the week. More than 60% of adults in the United States do not get this recommended amount of activity. Find a way to overcome lack of motivation and all the excuses we usually cite by joining the 741 Center Active for Life class starting Monday, September 15, 2008.

Mary Martin, a past participant encourages others to give the class a try, "Many people my age, 60 +, may feel it's too late to change their lifestyle, or they may not know where to begin. I needed the support of people experiencing the same struggles. The structure of a classroom environment led me down the path to a healthier life. "Active for Life" gave me the support I needed and helped me understand that baby steps are better than no steps at all."

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“After learning to set achievable goals, I am more active, I've lost weight, I feel better during the day, sleep better at night, and my joints are less painful during activity. Daily activities like shopping and cleaning are not the formidable tasks they once were. I was happy to find that I wasn't alone and that there is help out there for those who need it. I only wish I'd started sooner!”

Active for Life® is not an exercise class. It is a program that teaches people how to incorporate physical activity into their daily lives and helps them find the motivation to stay motivated. The class gives you a peer group to work with. Physical activity does not need to be time consuming or strenuous to achieve health benefits. Active for Life® helps adults age 50+ develop the skills they need to lead physically active lifestyles.

The Active for Life class begins at the 741 Center on Monday, September 15, 2008 from 10:00 AM- 11:15 AM. Classes meet 1 hour and 15 minutes per week for 13 weeks. The \$15.00 fee helps cover the cost of the book, step counter and more goodies that you will receive as a member of the class. Registration is required by September 10, 2008. Class size is limited so call today to reserve your spot in this life-changing program!

Registration phone number: 513-946-7813 or 888-223-3674 or call the 741 Center at 513-695-2239 for more information.

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This program is sponsored by Council on Aging of Southwestern Ohio and Hamilton County Public Health. Support comes from the U.S. Administration on Aging and Ohio Department of Aging.

If you are looking for change of pace or something new to add to your routine, call the 741 Center at 513-695-2239. New movement programs for all levels of fitness are being added at the 741 Center.

About the 741 Center and Warren County Community Services, Inc.

The 741 Center, a program of Warren County Community Services, Inc., is located at 570 North State Rt. 741. The Center offers ongoing wellness, exercise and dance programs along with classes covering everything from computers to art.

WCCS serves seniors, families, and children. For more information on our services or programs call WCCS at 513-695-2100 or visit our website at www.wccsi.org.